

new advice for **ASTHMA** /// **ZEN BATH**: how to create & enjoy a relaxing soak

# betternutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

MARCH 2016 | [betternutrition.com](http://betternutrition.com)

## SPRING CLEANSE

DETOXIFY,  
NOURISH,  
& REJUVENATE  
YOUR BODY

### CHROMIUM UPDATE

Balance blood sugar,  
defy aging, & more

### ALL ABOUT COLLAGEN

for Amazing Hair,  
Skin, & Nails

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**WAYS TO  
EAT OUT  
GMO-FREE**



*MMMM ...*  
**GLUTEN-  
FREE  
WAFFLES!**  
recipe on  
p. 64

**QUIZ:  
ARE YOU  
BONE HEALTH  
SAVVY?**



CLEAN  
*tastes*  
BETTER



## *Garden of Life® Introduces New RAW Protein & greens in 3 Delicious Flavors*

Have you ever had the chance to pull ripe, fresh organic produce out of clean, organic soil, give it a gentle bath in clean, pure water and then eat it right away?

If you have, you already know that clean tastes better. Not to mention that clean is teeming with whole food co-factors and nutrients your body craves.

That's the premise behind our new RAW Protein & greens—clean tastes better!



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.





## Breaking it Down

Delivering 20 grams of clean, organic protein per serving, the unique protein blend in RAW Protein & greens is comprised of six healthy, organic plant proteins, sourced from our family of organic farmers. This blend includes organic pea, organic sprouted brown rice, organic chia, organic lentil bean (sprout), navy bean (sprout) and garbanzo bean (sprout).

Along with 20 grams of protein, this dynamic protein blend provides all essential amino acids, is a great source of fiber and offers healthy amounts of omega-3s and B vitamins while being easily digestible.

## Putting in the Green

Most people don't sit down and eat a full plate of veggies every day—that's why we've made it easy for you. Our blend of six, energizing, organic greens and veggies includes organic alfalfa grass juice powder which has six times the nutrient density of whole leaf grass. Our freshly juiced greens are then



low-temperature dried, maximizing and locking in their organic goodness.

Also included in the greens blend are organic spinach, organic kale, organic broccoli, organic carrot and organic beet, all grown on a four-generation, organic family farm. Harvest occurs at the peak of freshness and ripeness—then the produce is gently flash frozen to lock in the nutrients. But we didn't stop there!

Because digestive and immune system health is so important to overall wellness,<sup>†</sup> we've also included 1.5 billion CFU live probiotics from *L. plantarum* and *L. bulgaricus*, 13 Non-GMO enzymes and 3 grams of fiber in RAW Protein & greens.

## Traceability

Garden of Life® is unique. Our commitment to achieving the most credible third-party certifications offers you traceable proof that when we say "clean," we mean it.

Take a few minutes and research what our certifications stand for. Once you understand the rigorous processes and time-consuming detail involved, you'll quickly find peace of mind that when you choose Garden of Life, you've chosen to treat your body with nutrition the way nature intended.

## Stevia-free Option

We use the highest quality organic stevia, ensuring no bitterness or aftertaste.

But for those who don't care for stevia, we created a delicious option without it. Instead, there's just a touch of sweetness from organic sugars.

No matter which Garden of Life RAW Protein & greens flavor you choose, you're guaranteed the organic potency, power and purity of clean, nutrition.

We developed our new RAW Protein & greens powders in three delicious flavors, so that you would have a choice in how you fuel your body—a clean, organic, whole food, nutrient-dense, delicious and convenient choice.

## We ask a lot of questions, you should too

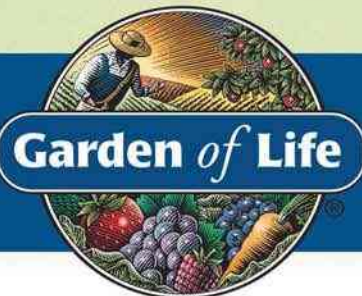
When you believe in living an organic lifestyle, one that works to protect the planet, regenerate our natural resources and nourish the body to health and happiness, you tend to ask a lot of questions about where things come from.

When we asked our customers about some of their favorite Garden of Life products, we saw an opportunity. Most likely, you are not getting your daily intake of colored veggies and greens, so we made it easy for you.

Like you, we know clean feels better and clean tastes better!



Empowering Extraordinary Health®







# TURMERIC-3™

## JUST THE GOOD STUFF

**Curcuma longa.** is the latin name for Turmeric. This rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae. The Turmeric plant can reach up to 3ft tall. The leaves alternate and are arranged in two rows. One of the active ingredients in Turmeric is Curcumin.



### Turmeric-3™

Supplies the 3 active constituents

- **Curcumin**
- **Demethoxycurcumin**
- **Bio-desmethoxycurcumin**



With one of the most comprehensive herbariums in the world, Nature's Answer® has identified Mother Nature's unique botanical fingerprint on over 800 plant reference standards. Utilizing Advanced Botanical Fingerprint Technology™, these authenticated samples each serve as the standard by which all incoming raw materials are judged.

Using carefully-controlled extraction techniques, we capture the holistic balance of each herb and the value is passed on to you, the consumer, who can be assured that the product in your hand is authentic, safe, effective, holistically balanced, and of course...  
**Nature's Answer®.**





# We decided it was time to compare our Turmeric-3™ with other Brands.

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- Bidesmethoxycurcumin

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ALCOHOL**



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**Product A**

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Supplying the Critical 3 Curcuminoids.**

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When it comes  
to beautiful hair,  
skin, & nails,  
nothing beats  
collagen.

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# Mood Mineral

Chromium may not be a mineral you think about often—or even at all. It's usually associated with healthy blood sugar levels and weight loss. But there is more to this unassuming mineral—for example, would it surprise you to learn that chromium can help treat depression?

It certainly shocked me. Several years ago, before coming to work at *Better Nutrition*, I interviewed Malcolm Noell McLeod, MD, a prominent North Carolina psychiatrist who was having a lot of success treating depression with chromium. McLeod eventually had so many patients improve after supplementing with chromium that he wrote a book about his findings: *Lifting Depression: How a Psychiatrist Discovered Chromium's Role in the Treatment of Depression*. His story stuck with me over the years, and I thought I would share it here in the hopes that it helps someone suffering from depression.

According to McLeod, chromium is particularly effective for treating atypical depression, a type of the disease characterized by excessive hunger, weight gain, unexplained exhaustion, mood reactivity, sensitivity to any perceived criticism or rejection, and excessive sleeping. McLeod says that atypical depression is not so atypical at all—it is thought to affect as many as 30 million Americans.

"My hypothesis is that chromium exerts its antidepressant effects by improving the sensitivity of the body to insulin, which in turn causes the brain to make more of the chemical messengers that are involved in mood regulation," says McLeod. He calls chromium the closest thing to a cure for atypical depression.

Whether you have been diagnosed with atypical depression or another form of the disease, it really can't hurt to try a chromium supplement. And even if depression isn't an issue for you, still consider taking a chromium supplement. This trace mineral offers multiple health benefits. To learn more about chromium and how to find a high-quality product, see "Multipurpose Mineral" on p. 24.

Nicole  
nbrechka@aimmedia.com



## HEALTH IS WEALTH:

### Free of Fibromyalgia & Loving Life

When I was first diagnosed with fibromyalgia, the doctor handed me a stack of prescriptions and sent me home feeling like I had just been given the only answer there was—bed, meds, and no hope. I'm not a pill taker, and I hate the way sleeping pills and pain pills make me feel. I was pretty down. I wanted my life back. I wanted options.

So I began educating myself. I started by identifying supplements I knew would help with my symptoms—calcium, magnesium, and potassium to name a few. Doing gentle stretching exercises was also very helpful. But I still wondered: Would I, could I, help myself without medications? My happy answer is yes! It took a lot of time and a lot of work. But life without health (at least better health) was not an option. Fifteen years ago, I chose not to follow the pill trail to "health." I now embrace a life of pursuing health. I can say for sure that it was worth it! Fibromyalgia slowed me down in this crazy fast world. But it gave me something too—my health is an awesome thing and I'm going to enjoy it.

—P. Johnson, via email

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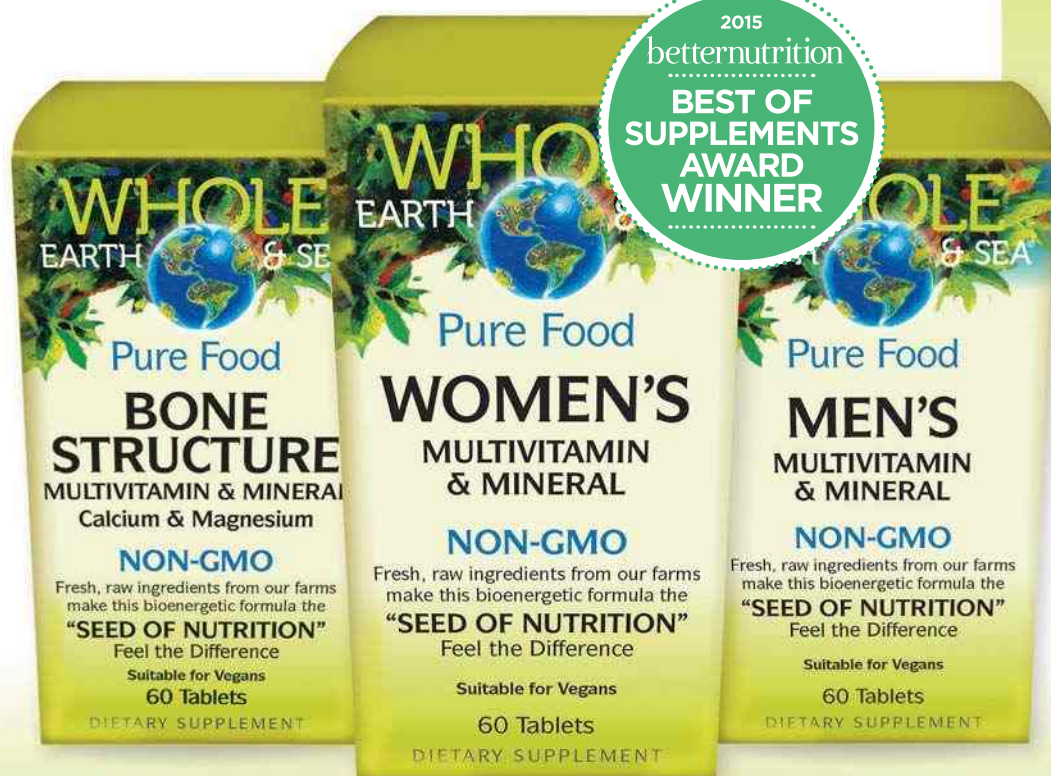
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# Burn Fat, Beautify Skin, Support Joints... *And More!*

Erase The Years With The Original Type 1 Collagen Peptides  
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*by Jim Caras*

**C**an one “beauty protein” really help reduce body fat, improve muscle tone, beautify skin, increase daytime energy levels, support joint function, and improve sleep?

Solid clinical science says YES for Type 1 collagen peptides. Unfortunately, many consumers overlook the numerous benefits of this amazing anti-aging nutrient, because of a widespread misunderstanding that collagen is only for topical use in skincare products.

## Proven Medical History

The benefits of Type 1 collagen

protein (enzymatically hydrolyzed into peptides), were discovered in the early 1970s. Since then it has been used by doctors, clinics, and hospitals for weight loss, skin issues (including the treatment of burns), nutritional support for elderly and hospital patients, tissue repair, and to support joints and connective tissue.

## How Collagen Works

Next to water, collagen is an essential substance in the body accounting for 25% of its total protein. While scientists have identified 28 different types of collagen in the body, 90% of it is

classified as Type 1 collagen.

Type 1 collagen surrounds all of our organs and is a major component in our ligaments, tendons, bones, muscle fibers, blood vessels, scar tissue, eyes, teeth – and even 90% of our hair, skin, and nails. *Type 1 collagen is literally the glue that holds our bodies together.*

Recently, Type 2 collagen, primarily found in cartilage, has become popular. It is mainly useful for joint health (and has some skin benefits). Type 3 collagen is also found in some products, but it has a minor role in the body compared to Type 1 collagen. Compared to Type 2



## "BURNS Fat, SHAPES the Body..."

**A**s we age, our bodies become softer and less toned. Type 1 collagen peptides help turn back this age-related decline by preserving and building lean muscle. This increases the metabolism, which burns fat for energy. This creates a firmer, more shapely body.

Collagen is especially effective when taken at bedtime, as it works during sleep when our bodies are repairing themselves and building muscle tissue. As part of a total weight management program that includes diet and exercise, collagen peptides are truly effective.\*



## "BEAUTIFIES Hair, Skin, & Nails..."

**W**hile many hospitals use Type 1 collagen peptides for skin repair, they also have beauty and personal care benefits.

Users typically notice an improvement in skin softness, hydration, tone, and appearance, as well as improved growth and quality of their hair and nails. In fact, a published clinical trial shows that collagen peptides perform FIVE TIMES GREATER for skin and tissue repair than whey protein.\*



## "SUPPORTS Joints, Bones, & Recovery..."

**C**ollagen's exclusive amino acid, *Hydroxyproline*, plays a primary role in the structure and maintenance of bone and connective tissue. Collagen's high nitrogen amino acids also support these, plus tissue repair and recovery.

A study at Penn State University showed athletes who suffered from exercise-induced joint discomfort experienced significant improvements in six months with use of hydrolyzed collagen peptides.\*



## "DEEPENS Sleep, BOOSTS Energy..."

**U**nlike other proteins, Type 1 collagen peptides provide seemingly contradictory benefits of both increasing daytime energy levels, while also helping to improve sleep. How can this be?

**Better Sleep:** Collagen's most abundant amino acid, Glycine, is clinically shown to improve sleep when taken at bedtime. Users typically report deeper sleep and waking up more refreshed.

**Daytime Energy:** When taken during the day, the liver treats peptides like complex carbohydrates. This can help stabilize blood sugar and prevent fatigue associated with blood sugar swings.\*



and Type 3 collagen, Type 1 collagen has much broader applications and health benefits. The weight of the published research supports this.

## Are You "Collagen Deficient?"

Around the age of 30, we start losing about 1% of our collagen per year. At the same time, our body's ability to produce collagen diminishes. Excessive sugar, coffee, caffeine, smoking, and alcohol can further damage our body's collagen. Stress, drugs, exercise, and even dieting can accelerate this decline. *Eventually, we all become "collagen deficient."*

The signs are obvious. We feel and see the effects of this deficiency every day in the mirror. Wrinkles form, skin dries, hair thins and dulls, nails become brittle, joints stiffen, and our bodies lose muscle tone and shape. Without healthy collagen levels, our bodies' virtually fall apart.

*Aging is collagen loss.*

**But there is good news.**

Supplementing our diet with Type 1 collagen peptides provides the body with the precise amino acids necessary to both generate new collagen and maintain existing collagen levels.

## Collagen's Anti-Aging Benefits

Many people wonder why collagen is different from other proteins, like whey, milk, soy, brown rice and pea.

To start, collagen has the exclusive amino acids, *Hydroxyproline*, and *Hydroxylysine*, which are NOT found in other proteins.

Also, collagen contains more high-nitrogen amino acids, most importantly, *Glycine*, *Proline*, *Hydroxyproline*, and *Arginine*. These amino acids directly affect healthy:\*

- ✓ Weight loss
- ✓ Skin appearance
- ✓ Daytime energy
- ✓ Bone health
- ✓ Connective tissue
- ✓ Metabolism
- ✓ Muscle retention
- ✓ Quality of sleep
- ✓ Exercise recovery
- ✓ Tissue repair

Also, unlike other proteins,

collagen is natural to our bodies, so there are no food allergy concerns.

## Choosing the Best Collagen

The quality, potency, and effectiveness of collagen products varies greatly, so choose carefully. Low-priced products look attractive but lack the collagen required for noticeable results. Here are three things the best collagen products have in common:

**First, they contain high amounts of collagen.** Generally, products with less than 8 grams (8,000 mg) per serving simply aren't a good value. The more collagen you get, the better your results.

**Second, they include "enzymatically" hydrolyzed, Type 1 "peptides."** These products are the most natural, provide the best absorption and widest set of benefits. Choosing a non-GMO, grass-fed product that is certified Kosher and manufactured GMP, guarantees high quality and purity.

**Third, they are liquid supplements.** Would you rather take 16 tablets, 6 scoops of powder, or just one ounce of liquid? Liquid collagens are the easiest to use (just a tablespoon or two at bedtime) and provide the most collagen in the smallest size. Also, most of the published studies, patents and medical-use are on liquid Type 1 collagen peptide products.

## My Top Collagen Pick

Although there are dozens of products available, only one has been used by 4,700 medical professionals over 35 years and is backed by published clinical research.

**AminoSculpt® is the original prescription strength, liquid Type 1 collagen peptide supplement and the only with:**

- ✓ 16 grams per serving
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- ✓ Certified KO kosher
- ✓ NO sodium benzoate
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## Here's what AminoSculpt users are saying...



### "Helps Joints and Improves Recovery..."

*"I recommend AminoSculpt to many of my patients - and they get great results. It helps patients with joint and disc problems, and those that exercise, recover faster. Also, many patients tell me they have more energy and sleep better."*

Dr. David Maloney  
Huntington Health Center, CA



### "Tighter Skin and a Firmer Body..."

*"I've been a fitness expert and muscle activation specialist for over 25 years. I know how to keep my body fit, firm and flexible, but it's incredible how much younger I look, tighter my skin is, and how much firmer my body is, since taking AminoSculpt. I've taken it for 2 years and everyone tells me I look at least 5 years younger. T-Tapp and AminoSculpt are my secrets to Turn Back Time."*

Teresa Tapp  
Creator of T-Tapp and Author of  
"Fit and Fabulous in 15 Minutes"



### "Glowing Skin and Silky Hair!"

*"I've taken AminoSculpt for 6 months, and I am extremely happy with the improvements in my skin tone and smoothness - especially in my elbows and heels. My hair is also now smooth and silky - and I have noticed a significant reduction in hair loss. After only 6 weeks, my friends told me they noticed my face and complexion had a beautiful glow! I feel healthier taking AminoSculpt, and I don't want to miss a single dose!"*

Alysha C, Age 45

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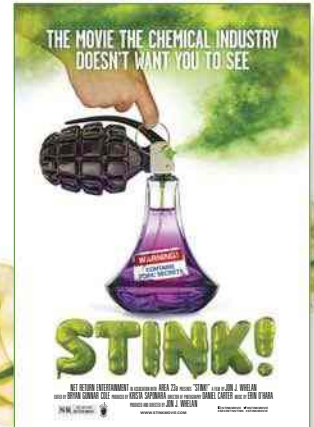


# trendWATCH

/// BY VERA TWEED

## **STINK!:** The Real Story of Toxins

How one father's quest for the truth led to an eye-opening new film



Imagine unwrapping a brand-new pair of pajamas for your 8-year-old daughter and being hit with an unbelievable stink. That's exactly what happened to Jon Whelan, a single father of two. His quest to discover the source of that awful smell prompted him to produce *Stink!*, an award-winning documentary that uncovers some uncomfortable truths about the regulation—or lack thereof—of toxic chemicals in the United States.

Neither the store that sold him the pajamas nor any government agency was able to shed light on the problem, so Whelan had to spend about \$500 of his own money on lab tests to find the stinky source: carcinogenic flame-retarding chemicals. Along the way, he learned other disturbing facts, such as:

- \* Flame-retarding chemicals in kids' pajamas are not regulated.
- \* There are only about 10 chemicals that are legally banned from personal care products in the United States, compared to roughly 1,400 in the European Union.

- \* Existing laws don't require manufacturers to disclose many of the toxins that are used in household and personal care products.
- \* The chemical lobby is out of control.

"Companies aren't breaking the law," says Whelan. "The law is broken." After a fruitless Freedom of Information request, he learned that even the FDA can't find out exactly which toxins are hiding in many products.

### How to Protect Yourself

"Fragrance" is the single biggest loophole, because fragrance components don't legally have to be disclosed—and some of them are deadly. Your best bet: choose unscented products or those with a natural scent, clearly described on labels and manufacturers' websites. Whelan also recommends shopping in health food stores for all of your cleaning and personal care products.

"Health food stores are providing a filter, doing the hard work of curating products that are not toxic," he says. To watch *Stink!*, visit [stinkmovie.com](http://stinkmovie.com).





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# trendWATCH

## surprising benefits of AERIAL YOGA

Aerial yoga delivers heart-healthy benefits, including improved blood pressure, cholesterol, and cardiovascular fitness—enough to reduce risk for heart disease by 10 percent after a six-week program. In a study for the American Council on Exercise, researchers were pleasantly surprised to discover these results, because the practice does not include high-intensity movements. Rather, it follows Hatha yoga principles with an innovation: circus hammocks to lift all or part of the body off the floor.

An earlier study of traditional Hatha yoga found that while it improved strength, flexibility, balance, and relaxation, it did not burn a significant number of calories or have a marked effect on the heart, because of its low intensity. In studies, traditional Hatha yoga burned 144 calories per 50-minute workout, while aerial yoga burned 320. For more information on aerial yoga and where to find classes, visit [aerialyoga.com](http://aerialyoga.com).



### Food and Drink *for athletes*

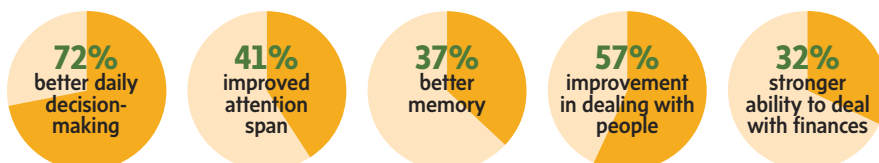
Eating dark chocolate can boost performance, and drinking pomegranate juice can reduce damaging oxidation related to exercise, according to two separate studies. These were therapeutic daily amounts:

- \* 40 grams (about 1.5 ounces) of dark chocolate
- \* 200 mL (about 6.5 fluid ounces) of pomegranate juice



## PYCNOGENOL IMPROVES MENTAL FUNCTION

A patented extract of French maritime pine bark, Pycnogenol improves mental function in baby boomers and older people, according to an Italian study published in the *Journal of Neurosurgical Sciences*. Researchers compared the effects of 100 mg daily of Pycnogenol and a placebo among 77 people between the ages of 55 and 70 who were healthy but had high levels of oxidative stress. After daily use for one year, those taking the supplement had significantly less oxidative stress. They also experienced:





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## antidepressants double

A U T I S M

risk

Although the causes of autism are not fully understood, a University of Montreal review of more than 145,000 pregnancies found that antidepressants can play a major role. "Our study has established that taking antidepressants during the second or third trimester of pregnancy almost doubles the risk that the child will be diagnosed with autism by age 7, especially if the mother takes selective serotonin reuptake inhibitors, often known by its acronym, SSRIs," says Anick Bérard, PhD, co-author of the study, which was published in *JAMA Pediatrics*.

## BAD NEWS ABOUT HEARTBURN DRUGS

Proton pump inhibitors, a popular class of over-the-counter and prescription heartburn drugs that reduce stomach acid, are linked to increased risk for chronic kidney disease, according to a study that tracked more than 250,000 people for six or more years. The study, published in *JAMA Internal Medicine*, also noted that up to 70 percent of such drugs may be overprescribed.

Earlier studies also found that the drugs could damage the kidneys and deplete magnesium levels, thereby increasing the risk for fractures, serious infections, and heart disease. Such drugs include Nexium, Dexilant, Prilosec, Zegerid, Prevacid, Protonix, Aciphex, Vimovo, Prilosec OTC, Zegerid OTC, and Prevacid 24HR.

**Natural remedies offer safer relief.** Try chewable DGL (deglycyrrhizinated licorice), about 15 minutes before a meal; digestive enzymes taken with food; and probiotics. Eating smaller meals, more often, and drinking liquids about a half-hour before or after meals, rather than with food, can also help.



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# Get the Skinny

Want to know how to get a nutritional jumpstart on your diet goals in 2016? Well, here's the scoop...

Look to Bluebonnet's Skinny Garcinia™ Vegetable Capsules to help effectively address your new year's resolution for weight loss by providing wholesome ingredients that support healthy weight management.♦

This unique formula includes the right combination of nutrients at scientifically substantiated potencies. It provides the patented South Asian fruit extract, Garcinia cambogia, known as Super CitriMax® that is standardized to 60% [750 mg] hydroxycitric acid (HCA), as well as L-carnitine, chromium, choline, inositol, vitamin B<sub>6</sub>, methionine, plus important electrolytes.♦

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For additional information on Bluebonnet nutritional supplements, please call **1-800-580-8866**, visit [www.bluebonnetnutrition.com](http://www.bluebonnetnutrition.com), or write: Bluebonnet Nutrition Corporation, 12915 Dairy Ashford, Sugar Land, TX 77478.

# trendWATCH



## Fats for Good Cholesterol

Having high blood levels of the omega-3 fats EPA and DHA improves cholesterol and triglycerides, and reduces risk for heart disease, according to a study of 276 Australian women and men between the ages of 65 and 95. The study, published in *The Journal of Nutritional Biochemistry*, used a blood test called the omega-3 index, which measures omega-3 levels in red blood cells. The test is well validated as a marker of heart health and is available through health practitioners. Fish oil and algal sources of EPA and DHA can improve levels.

## Your skin's solution to environmental pollution

NEW!

Reviva Labs' New Ultra Potency Vitamin C+ Antioxidant Serum offers dramatic, comprehensive broad-spectrum protection against the widest range of free radicals.

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With Emblica and other plant-based antioxidants, our serum may be the first to neutralize pollution's nitrogen-style free radicals.

We've carefully blended the multi-antioxidants to



create a new seemingly "super" antioxidant serum.

Plus, we've expanded our Serum's beauty benefits, with the addition of Hyaluronic Acid, Retinyl Palmitate, Allantoin, nourishing oils, and other precious substances to help skin feel smoother and look fresher, younger.

Reviva's Antioxidant Serum not only offers a new level of anti-free-radical action, but also enables you to see, feel and enjoy a difference in your skin.

It's a product like none other; an addition to your skin care regimen that you won't part with. One formulated to be used alone or to layer under make-up or other skin care products - to be your last and best defense against the ravages of time and pollution.

4x

Premature death is four times as likely for people who sit too much (more than 7 hours a day), exercise too little (less than 150 minutes per week), and sleep too much (more than 9 hours a day). That's the conclusion of a study of more than 230,000 people, published in the journal *PLOS Medicine*.



## eggshells help joints

Among the many joint formulas out there, MSM, SAME, glucosamine, and chondroitin have been well studied, according to Jason Theodosakis, MD, clinical associate professor at the University of Arizona in Tucson and a pioneer in the use of natural joint remedies. In addition, he says, "Studies show that a single, 500 mg daily dose of natural eggshell membrane, shown as NEM on labels, is enough to improve joint comfort and flexibility in as quickly as 7-10 days." Since each individual's body chemistry is unique, different remedies work better for different people, and NEM, he suggests, is one to try.

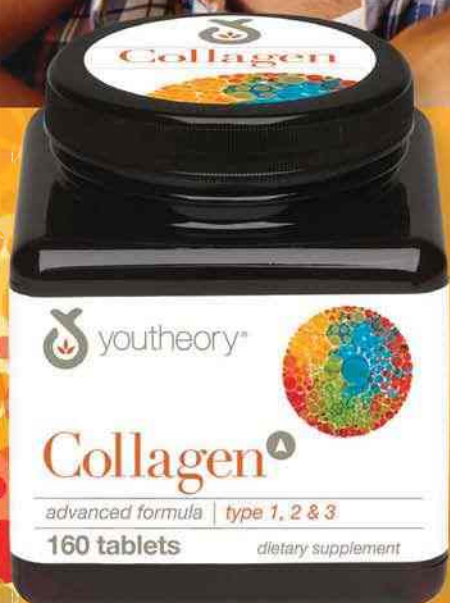


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# 10 Tips to Help Prevent Cancer

by Carolyn A. Gazella

March is National Colorectal Cancer Awareness Month. According to the American Cancer Society, colorectal cancer is the third most common cancer in men and women in the U.S., excluding skin cancers. The following evidence-based strategies are supported by strong scientific research and will help reduce risk of all types of cancer or a cancer recurrence.

## Your Diet:

**1. Increase consumption of fruits and vegetables.** Specific to cancer, these foods contain powerful compounds that have been shown to enhance immunity, reduce inflammation, and directly kill cancer cells.

**2. Eat organic whenever possible.** Research demonstrates that organic foods contain fewer harmful pesticides and have more antioxidant activity. When it comes to meat and dairy, also choose organic to avoid harmful antibiotics, hormones, and other toxic chemicals.

**3. Replace processed foods with whole foods.** Highly processed foods often have fewer nutrients, added fat and/or sugar, and can contain harmful ingredients. Most fast foods are also highly processed, so it's best to avoid fast foods as well.

**4. Focus on "good" fats.** Increase your consumption of healthy fats such as olive and coconut oil, wild-caught fish, nuts, and avocados, while reducing your consumption of trans fat, which is often listed on food labels as "partially hydrogenated oil."

## Your Lifestyle:

**5. Get 7–8 hours of sleep a night.** The research is very clear that even just one night of 6 hours sleep or less will put the body into an insulin resistance state, which is a cancer risk factor. Lack of sleep is also associated with reduced immunity and obesity, both of which increase cancer risk. In addition, during sleep, your liver is most active, which is critical for effective detoxification.

**6. Get moving.** Exercise intensity is even more important. Being sedentary increases cancer risk as much as smoking. The good news is that we can reduce cancer risk by moving just a few minutes every two to three hours throughout the day.

**7. Manage stress.** It can be extremely challenging to reduce the amount of stress in your life, but you can control how you respond to stress and how you support your body during stressful times. Try to include some type of stress-reduction activity—exercise, reading, journaling, meditation—into your daily routine. Choose what helps you unwind and actually schedule it into your day.

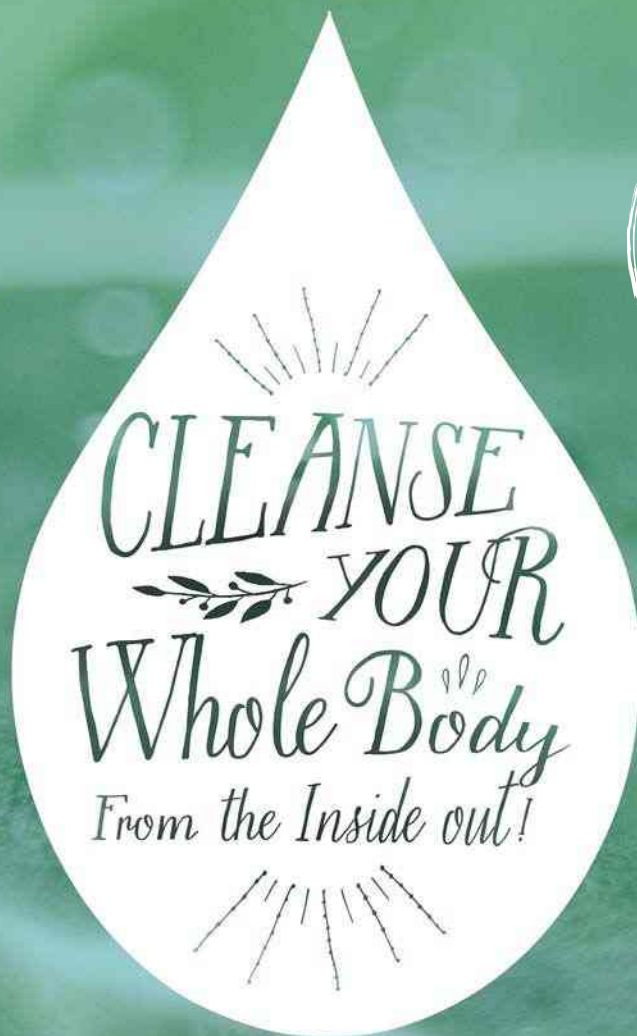
## Your Supplements:

**8. Vitamin D.** Be sure to get your vitamin D levels checked, because D deficiency is very common. Research continues to demonstrate that vitamin D deficiency not only directly increases risk of some cancers, it can also lead to other risk factors such as chronic inflammation, insulin resistance, and reduced immunity.

**9. Omega-3s.** These essential fatty acids have been shown to help reduce cancer risk and improve recovery from cancer treatment. This is a foundational supplement that nearly everyone should be taking.

**10. Synbiotic.** This may seem like an odd choice, but research continues to demonstrate the broad range of health benefits that come from taking a combination of probiotics and prebiotics, which is known as a synbiotic.





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# March Gladness

Our favorite new products this month are sure to put a smile on your face



## Keep Your Kidneys Healthy

Ready to flush toxins away (literally)? The kidneys are key detoxification organs—each day, they filter more than 100 quarts of blood and produce nearly 2 quarts of urine, composed of wastes and extra fluid. Healthy kidney function and a healthy urinary tract are essential for maintaining the body's normal fluid balance and for cleansing the body of metabolic wastes. **NOW Foods Kidney Cleanse** is formulated with a blend of herbs and botanicals traditionally used to support the kidneys' normal filtration functions, promote proper fluid excretion, and support a healthy urinary tract. The formula includes the herbs uva ursi, parsley seed, fennel, and horsetail.

## Pollution Solution for Skin

Protect your skin from the ravaging effects of environmental pollution with **Reviva Labs Ultra-Potency Vitamin C+ Antioxidant Serum**.

This potent serum offers broad-spectrum protection from free radicals. While traditional antioxidants neutralize only oxygen-based free radicals—but not pollution's nitrogen-based free radicals—this formula neutralizes both. With vitamins C and E and CoQ10, this silky serum helps shield skin from oxygen- and nitrogen-based free radicals, while hydrating skin with hyaluronic acid, retinyl palmitate, and nourishing oils. Use alone or layer under make-up or other skincare products.



## Cups O' Yum

You might say **EVOL On-the-Go Cups** are love in a cup—and it's a safe bet that you'll love them. Not only are they ready in minutes and contain just 120–210 calories per serving, but they come in a variety of satisfying flavors. Choose from **Scramble CUPS** made with eggs, cheese, and veggies; **Fajita CUPS** in yummy flavors such as Sriracha Queso Grilled Chicken, Pork & Poblano Pesto with Rice, Bell Peppers, and Cheese; and **Veggie CUPS**, including Truffle Parmesan Roasted Cauliflower, and Balsamic Brussels Sprouts with Uncured Bacon and Parmesan. A vegan option is available as well (Ginger Sesame Sweet Potato). And unlike junky fast food or typical frozen offerings, this is real, all-natural food made with ingredients you can pronounce.



## Super Kids' Stuff

Kids need a variety of nutrients for healthy growth and development, and a steady diet of mac 'n' cheese and other favorites can be lacking in essentials. **Vibrant Health Super Kids Vibrance**, specially formulated for kids ages 2–12, fills any gaps with 9 billion probiotics; 10 grams of vegetable protein; 3 grams of fiber; amino acids and trace minerals; and organic, plant-based nutrients. It provides the essential building blocks for healthy muscle and bone and a robust endocrine system, as well as fuel for brain development and support for healthy digestion. In two fun, fructose-free flavors—Awesome Apple and Cool Chocolate. Both are also gluten-free.



## Mushroom Magic

Mushrooms harbor a host of healing properties, and these three formulas harness their power to benefit brain, breast, and liver health. **Host Defense MycoBotanicals Brain** combines lion's mane and reishi mushrooms with cognitive-supporting herbs including ginkgo, bacopa, and gotu kola. **MycoBotanicals Woman BreastShield** is formulated with mushrooms known to benefit breast health—turkey tail, reishi, and maitake—with comprehensive support of hormonal, adrenal, and immune function. **MycoBotanicals Liver** blends chaga, reishi, turkey tail, and mesima mushroom extracts with thistle and turmeric to support the liver's detoxification processes.



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<sup>†</sup>Participants in the collagen peptide study on wrinkles were fair skinned, Caucasian women aged 45-65.

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# Multipurpose Mineral

Shed pounds, balance blood sugar, and defy aging with chromium /// BY VERA TWEED

How do you feel, physically, compared to 10 years ago? Better? Worse? The same? If you're past your 20s and in the "better" or "same" category, that's good. If you're a few decades older and those are still your answers, that's even better. Chromium can help you maintain that healthy trend.

"When you take chromium, you're probably reducing fasting glucose levels and, at the same time, insulin levels, and that's very important for your long-term health," says Harry Preuss, MD, a professor at Georgetown University who has studied chromium for several decades.

We know that elevated levels of blood sugar can lead to diabetes, but, explains Preuss, they do much more. In fact, he says, blood sugar is a more reliable marker of risk for heart disease and other age-related decline than cholesterol, blood pressure, and other more familiar risk factors, because high blood sugar underlies these other signs.

The tendency to gain weight as we get older is another common symptom, but it can be reversed. Although eating and exercise habits play a pivotal role, they aren't enough for many people, and that's where chromium can be a very useful tool.

## The Weight Gain Trigger

"I can't eat like I used to." Most of us heard our parents or grandparents say that, and we may be saying it ourselves. And there's a basic physiological reason why.

Sugars and starches are the drivers of blood sugar. When it goes up, the human body produces insulin to enable the blood sugar to be used as energy. The longer we live, the less efficient this basic mechanism becomes, because our sensitivity to insulin declines, creating "insulin resistance." To compensate, our bodies produce even more insulin, and these higher levels of

insulin increase fat storage. Consequently, eating the same food at age 40 as you did at age 20—even if you were just as physically active (which most people aren't)—is likely to produce weight gain.

Eating less to lose weight will drop pounds on a scale, but much of that loss is likely to be muscle, which adds to the problem. "Chromium is helpful," says Preuss, "because it switches your metabolism so that the weight you lose is fat, not muscle."

Preuss emphasizes, however, that chromium isn't a magic diet pill. Rather, by improving the metabolism of carbohydrates, it tempers rises in blood sugar and insulin release, and over a period of weeks or months, will make a beneficial difference.

## Study Highlights

Lab, animal, and human studies have shown that chromium has a beneficial effect on blood sugar. For example, a review of 15 studies, published in the journal *Diabetes*

*Technology & Therapeutics*, found that chromium reduced chronically high levels of blood sugar, as well as spikes after meals. Altogether, there were more than

did you know...

If you take prescription drugs for diabetes, your dosage of chromium may need to be adjusted.

## HOW TO USE CHROMIUM

Preuss recommends taking 200 mcg daily, but cautions that not all forms are equally bioavailable. Chromium chloride, in particular, is not well absorbed. Forms that have been designed for good absorption, and have been studied, include chromium picolinate, chromium polynicotinate, chromium histidinate, chromium dinicocysteininate (Zychrome on labels), and chromium chelavite. Some supplements contain more than one form of chromium.





*"I take BioSil every day...  
I'm amazed at the results  
I see in my skin, hair, and nails!"*

## *"Look Youthful, Look Beautiful, Look Healthy with Smart Choices"*

You don't look this youthful, beautiful, and healthy at 61 without making some very smart choices. For this, Christie relies on both her own instincts and advice from experts in the fields of nutrition, exercise, and supplementation. That's why Christie eats healthy foods and gets in 10 to 20 minutes of exercise a day. Christie also knows the right supplement can work wonders. And that's why she takes BioSil every day. "I am amazed at the results I see in my skin, hair, and nails!" Why BioSil? Simple...

### **Christie: "Gain Back Your Collagen and Keep It!"**

Christie understands that collagen "plumps" your skin and makes it smooth and youthful looking. In addition, she knows collagen gives your skin its vital elasticity. What's more, collagen is responsible for helping to make your hair thicker and stronger. It makes your nails stronger too. Christie chooses BioSil, because it's clinically proven to activate the enzymes that generate collagen.<sup>†</sup> BioSil helps you regain lost collagen and add new collagen.<sup>†</sup> Plus, BioSil protects both your new and existing collagen from breakdown due to the age-related rise in levels of homocysteine, the body's anti-collagen amino acid.<sup>†</sup> That makes BioSil one very smart choice!

### **Christie: "I Like Knowing it's Collagen with My Own DNA Fingerprint!"**

BioSil is not "made out of collagen," it "generates collagen" through your body's own natural pathways.<sup>†</sup> That means the collagen you add is collagen with your own DNA fingerprint. That's why BioSil helps you look beautiful, youthful, and healthy – naturally!

### **Christie: "I Appreciate the Scientifically Valid Clinical Trials"**

BioSil employed the double-blind, placebo-controlled clinical protocol, the gold standard in clinical trials. The trials are conducted on the actual product, BioSil, not a "key ingredient." The results are based on calibrated scientific measurements, not personal opinion. And the results reported are all statistically significant, meaning the results came from taking BioSil, not some outside factor.

See Christie's list of food choices and exercise routines

[www.BioSilUSA.com/BNE316](http://www.BioSilUSA.com/BNE316)

### **Christie: "No Animal By-Products, That's Extremely Important to Me"**

"I am a vegetarian. And I've spent a lifetime helping to protect the wonderful creatures who've been on the earth longer than we humans. That's why I'm very happy BioSil contains no animal parts whatsoever."

## **Clinically Proven BioSil®**

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- Strengthens Nails<sup>††</sup>

As demonstrated versus placebo in the published clinical trials: ‡ Barel et al. 2005, Archives of Dermatological Research 297, 147-153. \*\*\* Wickett et al. 2007, Archives of Dermatological Research 299, 499-505. Results may vary.



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1,600 people with diabetes in these trials, all of which tested chromium picolinate, a specific form of the supplement.

In hospital patients who were being fed intravenously, low chromium levels produced symptoms of diabetes, and when chromium was added to their nutritional formula, symptoms disappeared. As a result, chromium is now routinely added to intravenous feeding solutions.

In another study, published in *Nutrition Journal*, Preuss and his colleagues tested the effect of chromium when healthy people drank a sugar solution. The supplement significantly reduced increases in both blood sugar and insulin levels.

### Who Needs More Chromium?

There is no standardized test for measuring chromium levels, but one study, published in the journal *Metabolism*,

reported on hair, sweat, and blood samples from more than 40,000 people. It found that chromium levels are more likely to be low among older people. A high-sugar diet, infection, intense exercise, physical trauma, pregnancy, lactation, and stress can also deplete chromium levels.

Additionally, drugs that reduce stomach acid increase excretion of chromium and reduce its absorption. These include antacids, heartburn drugs, and corticosteroids. Other drugs may increase absorption of chromium, or chromium may increase absorption of the drug. These include beta-blockers, nonsteroidal anti-inflammatory drugs, and insulin.

Finally, if you take prescription drugs for diabetes, your dosage may need to be adjusted as chromium improves your

### product PICKS

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200 mcg



**Solgar**  
Chromium Polynicotinate

**Source Naturals**  
Zychrome



blood sugar levels. Consult a nutritionally savvy physician before beginning a supplement regimen.

**Vera Tweed** is the author of *Hormone Harmony* and *The User's Guide to Carnitine and Acetyl-L-Carnitine*.

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**Emily A. Kane, ND, LAc**, has a private naturopathic practice in Juneau, Alaska, where she lives with her husband and daughter. She is the author of two books on natural health, including *Managing Menopause Naturally*. Visit her online at [dremilykane.com](http://dremilykane.com).

# Asthma-Free

Discover the best natural therapies for healthy lungs and asthma // BY EMILY A. KANE, ND, LAc

**Q**: I'm a 47-year-old male with asthma, which I've had since I was a kid. I'm looking for natural alternatives to prescription drugs. Can you help me? —Paul M., Lincroft, N.J.

**A**: Asthma is on the rise because we live in an increasingly polluted world, which greatly increases stress on the immune system. Drug-based approaches to asthma focus on steroidal inhalers, which can increase the risk of developing diabetes or other endocrine problems when used long-term.

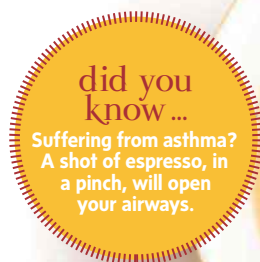
The good news is that while asthma cannot always be cured, it can be managed without drugs by a committed patient. Here is my natural prescription for asthma relief:

## Calm Inflammation and Open Your Airways:

There are two components to promoting lung health. The first is reducing inflammation, and the second is promoting bronchodilation, which means keeping your airways open. These are related, but distinct issues.

In an emergency situation where breathing is becoming labored, a general rule to remember is that substances that cause vasoconstriction—such as caffeine—typically promote bronchodilation. A shot of espresso, in a pinch, will open your airways. Similarly, dipping your face into ice cold water also promotes the opening of airways. This is called the “drowning reflex.”

**Use Kitchen Cures:** For long-term management of asthma, regular use of the spice turmeric is one of my favorite ways to reduce inflammation systemically, as well as specifically in the lungs. Take 1/2 tsp. daily in a smoothie or just mixed with 1/4 cup water before a meal. Turmeric is best absorbed with fat, and absorption

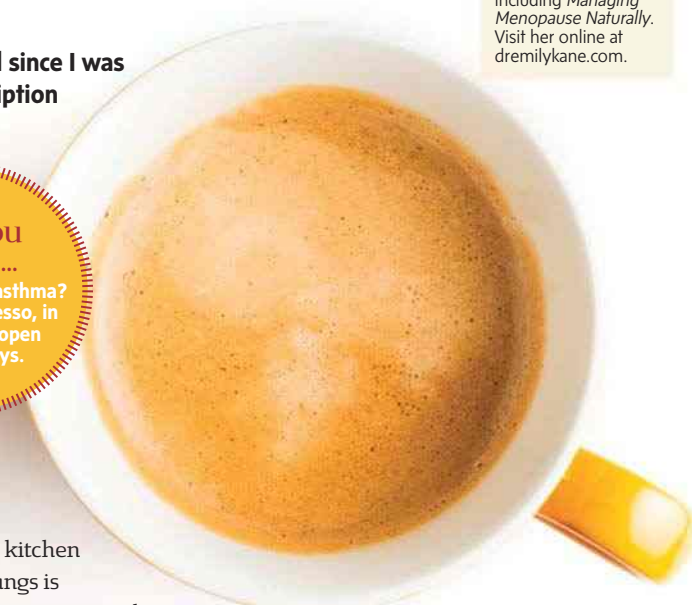


is enhanced by black pepper. So, take it with food.

Another excellent kitchen remedy for healthy lungs is green tea. If you love green tea and can sip on 6–10 cups a day, that's fantastic. If not, try adding 1/2–1 tsp. of matcha powder (ground green tea leaves) to a daily smoothie. The epicatechins in green tea are anti-inflammatory.

**Contain Airborne Irritants:** For the most part, asthma is caused by airborne irritants, so reducing this burden on the lungs is an important treatment strategy. People spend a large portion of their day in the bedroom. To that end, it's important to use hypoallergenic bedding. Change your pillow frequently. Invest in a good air filter for the bedroom, and maybe your workspace as well.

**Food Allergies May Be a Factor:** Food allergies will further compromise the immune system, and these can be identified and more readily avoided than airborne irritants. For example, preservatives in packaged foods and processed meats, including food colorings, sulfites, and flavoring agents, are a potential trigger for asthma attacks. Work with a naturopathic doctor to identify and eliminate, your food



allergens. To find a licensed naturopath in your area, go to [naturopathic.org](http://naturopathic.org), the website of the American Association of Naturopathic Physicians.

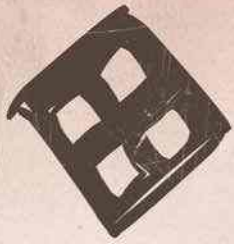
## Create an Anti-Asthma Supplement Plan:

Vitamin B<sub>6</sub> supplements (100 mg daily, ideally in the active pyridoxal-56-phosphate form) have been found in numerous studies to dramatically reduce the frequency and severity of asthma attacks. Magnesium is another important nutrient for asthma sufferers. This mineral appears to work by improving bronchodilation and providing a natural antihistamine effect. Magnesium is also known as a muscle relaxant, and this benefit can extend to the lung's bronchial tubes.

Some asthmatics also have difficulty coughing up mucous. In this case, effective herbal expectorants, including lobelia, licorice, and grindelia (a lesser-known herb that is often used in combination formulas for lung health), can help.

Do you have a question for Dr. Kane? Email it to [editorial@betternutrition.com](mailto:editorial@betternutrition.com) with “Ask the ND” in the subject line.





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Collagen can help ward off wrinkles, strengthen hair, and improve nail health.



## 3 Ways to Benefit from Collagen

Collagen supplements, including collagen-generating supplements like vitamin C, are one of nature's best-kept beauty secrets // BY MARITA SCHAUCH, ND

Americans spend \$11 billion every year on face-lifts, Botox injections, and other cosmetic procedures, according to the American Society of Plastic Surgeons. But these do nothing to help your body generate health-improving and beauty-supporting collagen.

What is collagen and why should you care? Collagen is the most abundant protein in the human body, and it's often considered the "glue" that holds the body together. Collagen fibers are major building blocks in skin, bone, joints (tendons and ligaments), and blood vessels (arteries and veins).

In terms of beauty benefits, collagen and "collagen booster" supplements have been shown to help to ward off wrinkles, improve skin's tone and texture, strengthen hair, and improve nail health, among other things. Supplements are thought to work by helping the body produce more of its own collagen. For example, vitamin C is one of the top collagen boosters—the

did you know...

Collagen is our most abundant protein, making up 25%–35% of the body's total protein content.

### BETTER NUTRITION'S INSIDER SUPPLEMENT TIPS ON COLLAGEN

We interviewed a few experts in the field of collagen and collagen boosters and here's what they had to say:

- \* Most forms of collagen sold in supplements are relatively the same, with slight variations in amino acid profiles. The most common forms used in supplements are types 1, 2, and 3. However, proprietary forms of collagen are different in that they contain a patented combination of nutrients. For example, BioCell Collagen is a blend of hydrolyzed collagen type 2, chondroitin sulfate, and hyaluronic acid.
- \* For optimal absorption, use 100% hydrolyzed collagen, not partially hydrolyzed. Non-hydrolyzed collagen can be effective as well, but appears to work in a different way than hydrolyzed forms. UC-II is a form of non-hydrolyzed collagen that has been clinically shown to improve joint health and joint mobility.
- \* It's often recommended to take collagen on an empty stomach first thing in the morning. However, researchers we spoke to believe collagen is equally effective when taken with food, and positive clinical studies support this.
- \* There are no known side effects of collagen, and it can be safely combined with other nutrients and drugs. One caveat: People on a low-protein diet for medical reasons (e.g., chronic kidney disease) may want to avoid collagen supplements or at least speak with their physicians before taking collagen.
- \* Use supplements that support your body's synthesis of collagen: Vitamin C, chondroitin sulfate, hyaluronic acid, biotin, and silicon (e.g., BioSil).

— Nicole Brechka



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<sup>1</sup>Source: SPINScan Natural Channel, Total US \$ Sales, 52 Weeks Ending 11/26/2011.

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## secondOPINION

formation of collagen is highly dependent on this key vitamin, and if you're deficient in vitamin C, your production of collagen is hindered. Silicon and hyaluronic acid (HA) are two additional supplements that help the body generate more of its own collagen.

Here are a few tips for getting the most out of collagen supplements and collagen boosters.

### 1. Beautiful Skin Needs Collagen

Collagen in the dermis gives the skin its flexible strength; elastin enables the skin to return to its original shape when tugged and twisted. Beautiful, wrinkle-free skin depends on healthy collagen production. Reduced collagen in the skin causes it to "cave in" and form wrinkles. Conversely, abundant collagen pushes skin "up and out," creating more youthful-looking skin.

### 2. Healthier Hair

Hair grows in follicles, tube-like structures that originate in the dermis of the skin. At the base of the follicle is the hair bulb, where hair formation cells produce new keratin. There is a portion of collagen-rich dermal tissue that's packed full of capillaries that project into the bottom of the bulb, providing nutrients to the cells and contributing to the health of the hair. So although hair is made from keratin, its health is highly dependent on having adequate collagen. And more collagen in the dermal tissue means greater blood flow to the hair, ensuring an abundant supply of growth-rich nutrients to the hair follicle.

### 3. Strong Nails

Brittle nails can be caused by a variety of issues, but sometimes people suffer from brittle nails simply because the nail matrix requires more collagen. The nail matrix produces cells that eventually become the nail plate. The size, length, and thickness of the matrix determine the size, length, and thickness of the nail plate. More collagen in the dermis means

## EXPLORE YOUR COLLAGEN OPTIONS

There are many different ways to supplement with collagen. Here is a range of product examples:

#### FOOD-BASED COLLAGEN:

**Great Lakes Gelatin Co.**  
Collagen Hydrolysate  
(Beef)

#### LIQUID COLLAGEN:

**Health Direct**  
AminoSculpt  
Collagen Shots

#### COLLAGEN BOOSTER— VITAMIN C:

**FoodScience of Vermont**  
Liposomal C

#### COLLAGEN BOOSTER— SILICON:

**Natural Factors**  
BioSil

#### COLLAGEN BOOSTER WITH MULTIPLE NUTRIENTS:

**Reserveage Nutrition**  
Collagen Booster

#### COLLAGEN CAPSULES:

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greater blood flow to the nail matrix, ensuring an abundant supply of growth-rich nutrients to the nail.

In one study involving BioSil, a proprietary complex featuring a bioavailable form of silicon, brittleness in the nails and hair decreased significantly in the BioSil group, whereas no significant change was observed for women in the placebo group.

Portions of this article were excerpted with permission from *Collagen: Myths & Misconceptions* by Marita Schauch, ND.

**Marita Schauch, ND**, is a naturopathic doctor, women's health expert, author, and public speaker with a passion for sharing the knowledge and tools of alternative medicine and nutrition to empower women to own their path to optimal health, and lead happy, vibrant lives. Visit her online at [doctormarita.com](http://doctormarita.com).





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# 1 spring detox

This season of new beginnings is the perfect time to turn deeper into yourself and rejuvenate your body

BY MICHELE BURKLUND, ND

**T**his time of year—as the cold winter winds subside and the days become longer—the world’s vibrant colors are revealed all around us. Mother Earth transforms the frozen landscape into a lush, green environment that inspires renewal, which makes it the perfect season to cleanse, nourish, and feel radiant from the inside out.

The body does an amazing job of detoxifying itself, but the amount of toxins we’re exposed to on a daily basis has dramatically increased in our ever-more-plastic world—meaning that sometimes, your body might need a little help getting rid of all the garbage. Here are a few simple ways to support your main detoxification pathways and put the spring back into your step.



**Nourish Your Liver with Milk Thistle:** This well-known plant has been used for more than 2,000 years to cleanse and support the body. Its active substance is called silymarin, which is found in the seeds. Studies have shown that milk thistle not only supports the liver, but actually rejuvenates it. It’s a potent antioxidant, has anti-inflammatory properties, and has been proven to repair and grow new liver cells. The liver has hundreds of jobs to perform, and one very important duty is to remove toxins and waste from the blood. Adding milk thistle to your supplement regimen will support the cleansing process while giving you the added benefit of glowing skin.

**Product pick:** Gaia Herbs Milk Thistle Seed





**Cleanse with Chlorella:** This blue-green alga has clearly stood the test of time, with fossils indicating that it's been around at least 530 million years. Its single-celled structure and high content of chlorophyll give it unique abilities to nourish the body while also absorbing very small particles. More than just a super food, chlorella can bind heavy metals, toxins, and pesticides and carry them out of the body. It can be taken in a capsule form or mixed into a smoothie (add a hint of cilantro for an added effect).

**Product pick:** HealthForce Nutritionals Chlorella Manna





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BioCell Collagen is a registered trademark of BioCell Technology LLC, Newport Beach, California USA (US Patents 6,025,327; 6,323,319; 6,780,841; 7,091,180; 7,799,348 other US and foreign patents pending.)

**Get Glowing with Glutathione:** Glutathione is a molecule made of three amino acids—cysteine, glycine, and glutamine—along with a sulfur group that enables it to bind to free radicals and toxins. A potent antioxidant produced by the body to aid in the liver detoxification process, glutathione can become depleted due to an overwhelming toxic burden. A supplement called N-acetylcysteine (NAC) is an amino acid precursor that can stimulate glutathione synthesis.

**Product pick:** Doctor's Best Best NAC Detox Regulators

**Rebalance with Probiotics:** A healthy digestive system plays a vital function in eliminating waste, optimizing nutrients, balancing immune function, and improving mood. The *Journal of Nature Reviews Immunology* published a study in 2009 that revealed an association between disturbances in gut flora and impaired immune response. So how do we keep our

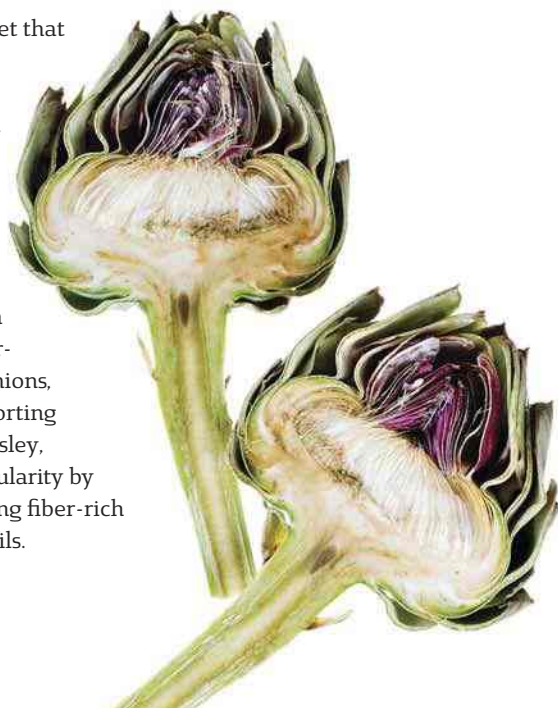
bacteria balanced? Eat probiotic-rich foods such as yogurt, kefir, miso, and other fermented foods. Take a high-quality probiotic that contains a diverse range of species to help restore gut health.

**Product pick:** Enzymedica Pro-Bio

**Move Your Lymph:** A key component of immune health, the lymphatic system is a network of 600 nodes and glands that help remove toxins and waste. Common lymph-loving herbs include cleavers, red clover, burdock root, queen's root, and calendula. Dry skin brushing can also help stimulate the lymphatic system while also improving circulation and removing dead skin cells. Brush your skin in an upward circular motion, beginning at your feet before moving to your torso, and from your hands to your chest—the same direction that your lymph flows.

**Product pick:** Flora Flor•Essence

**Feast on Detoxifying Foods:** It's no secret that food is the best medicine, and the delicious combinations are endless. Artichoke is a gorgeous and tasteful veggie that contains a phytonutrient called cynarin, which stimulates the production of bile and hence, improves digestion. Often called a superfood, artichoke is loaded with antioxidants including liver-supportive silymarin, packed with vitamin C, and rich in fiber to keep the body regular. Focus on liver-loving veggies such as artichoke, broccoli, onions, beets, and cabbage. Infuse extra detox-supporting flavor to your meals with garlic, cilantro, parsley, cinnamon, basil, and turmeric. Maintain regularity by drinking water throughout the day and eating fiber-rich foods such as apples, almonds, peas, and lentils.



## Take a Break from Technology:

Can you think of the last time you turned off your cell phone or put away your computer for an entire day? Set a time each day (or week) to unplug and engage in a relaxing activity to melt away the stress. Take a bath infused with lavender, meditate, read a book, or create art to renew your mind and revive your senses.

If going cold turkey from technology isn't an option, try ending your computer time two hours before bed. Artificial computer light can reduce your body's levels of melatonin, which is an important hormone for sleep. A trial published in the *Journal of Clinical Endocrinology and Metabolism* revealed that individuals exposed to room light compared to dim light before bedtime shortened their melatonin duration by 90 minutes. These findings reveal that electrical lighting can have a profound effect on well-being, and that simple changes can make a huge difference.





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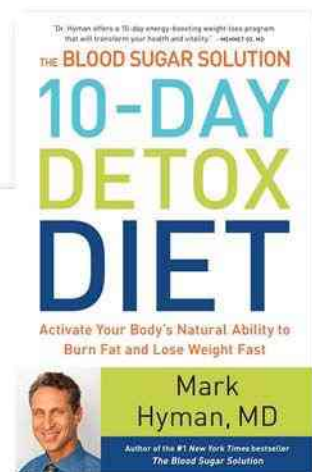
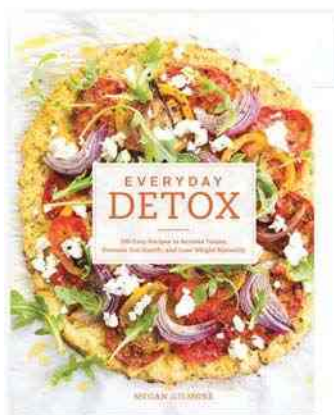
Have you noticed that certain foods make you feel tired and bloated, or make your skin break out? Now is the time to remove them from your diet.

**Sweat It Out:** Eliminating toxins through the skin is a gentle, yet very effective, approach to easing the burden on your kidneys and liver. In fact, a 2011 study published in *Archives of Environmental and Contamination Toxicology* revealed that sweating could reduce levels of heavy metals and toxins—including BPA, arsenic, lead, mercury, and cadmium—from the body. Increase your sweat by exercising, warming up in an infrared sauna, or taking a bath.

**Listen to Your Body:** Have you noticed that certain foods make you feel tired and bloated, or make your skin break out? Now is the time to eliminate them from your diet and give your digestive system a needed break.

Have you ever tracked your sleep? Creating a sleep diary will help you hone in on what time and how much sleep helps you feel your best. Each morning, document the number of hours you slept, the quality of your sleep, and whether you woke up feeling refreshed or groggy. Optimize your sleep by going to bed at the same time each night and creating a relaxing bedtime ritual. For some people, eliminating caffeine after 10 a.m. also helps.

**Get Back to Nature:** Being closer to the earth is a simple way to feel grounded and more relaxed. Think you don't have the time? A study published in the *Journal of Psychological Science* in 2008 showed that people who were exposed to natural environments for 50 minutes had increased focus and directed attention afterward. Perhaps taking the time to relax the mind will make you even more productive. Want to really get in touch with nature? Go barefoot!



## BETTER NUTRITION'S SPRING CLEANSING GIVEAWAY!

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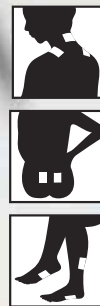
**Turn Spring Break into a week of Spring Cleansing. From March 21–25, we are giving away something related to detox every day on our Facebook page. Prizes up for grabs include books, detoxifying beauty products, and natural cleansing products—including those featured in this article. Get clean, get healthy, and feel energized!**

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Enter to win detox-focused books such as *Everyday Detox* by Megan Gilmore, *Green Smoothies* by Fern Green, and *The Blood Sugar Solution 10-Day Detox Diet Cookbook* by Mark Hyman, MD. Simply visit our Facebook page—[facebook.com/BetterNutritionMagazine](https://facebook.com/BetterNutritionMagazine)—every day during the week of March 21–25 for a chance to enter our Spring Cleansing Giveaway.

**Michele Burkland, NMD**, graduated from the prestigious Bastyr University in Seattle. "I have no doubt that the power of natural healing can enhance anyone's life at whatever stage or age they are," says Burkland, who specializes in helping neurological patients. Visit [healthyfashionista.com](http://healthyfashionista.com) to learn more about Burkland and read her entertaining and informative blogs.





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# 7 WAYS TO EAT OUT GMO-FREE

Tips and tricks for avoiding genetically modified ingredients when dining out

BY MELISSA DIANE SMITH





**A**fter learning about the multitude of serious issues surrounding genetically modified organisms (GMOs) in our food, Tucson musician Manny Lopez started seeking out GMO-free foods at the grocery store and in restaurants—even though it often means paying more money. “It’s worth it,” says Lopez, and he isn’t alone. In restaurants, demand is so great that non-GMO is considered one of the top trends likely to shape menus in 2016.

Unfortunately, GMOs aren’t mandatorily labeled in this country—a fact that prompts many people to think that it’s impossible to avoid them when dining out. But nothing could be further from the truth. Just try these strategies from my book *Going Against GMOs*:

**Get educated.**

Learn how to shop non-GMO, and transfer that knowledge to dining out. Problem foods in grocery stores, such as corn, soy, and beet sugar (also found in “sugar”), are the same foods that are likely to turn up as GMO ingredients in restaurants.

**Seek out non-GMO restaurants.**

In addition to “non-GMO,” search for “farm-to-table” restaurants, or those that emphasize organic produce or grass-fed meats. It’s much easier to find dishes that are free of genetically modified ingredients in these types of establishments.

**Consider the source.**

Some types of cuisine are much more likely to contain GMOs than others. Mexican food, for instance, is heavily based on corn, and many Asian dishes are based on soy, two GMO-problem foods. Italian, Greek, and Middle Eastern cuisines, on the other hand, are based on olive oil, so it’s easier to order non-GMO meals at restaurants that specialize in these cuisines.

**Do your homework.**

Study menus ahead of time, and look for obvious sources of GMOs that you’ll want to avoid. Then look for entrées, such as a grass-fed burgers, wild-caught halibut, or quinoa-veggie bowls, that are more likely to be GMO-free.

**Don’t forget the oil.**

Cheap GM vegetable oils, especially canola and soybean oils, are used in virtually all restaurants. Also, in many eateries, olive oil is blended or thinned with GM vegetable oils. Seek out restaurants that use 100% pure olive oil or other non-GMO oils, such as coconut oil or sesame oil, for cooking and salad dressings.

**Don’t be afraid to ask.**

Call ahead during non-busy hours to talk to the chef, manager, or owner. Ask questions about the ingredients in various dishes and let restaurant personnel know about your strong desire to eat non-GMO food. Not only will this help you make better food choices, but it also adds another voice to the growing demand for non-GMO dishes. Smart restaurateurs will listen to their customers.

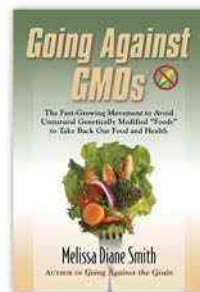
**Go veg.**

When in doubt, choose dishes that emphasize fresh veggies as much as possible. Currently, all vegetables—except for yellow squash, alfalfa sprouts, and corn—are not genetically modified. Note that GMO potatoes have been approved for sale in the US, and GM zucchini is being tested. While GMO versions of these two vegetables aren’t currently on the market, they likely will be in the near future.



## GOING AGAINST GMOs GIVEAWAY!

Want to increase your non-GMO savvy? Enter to win a copy of *Going Against GMOs* by Melissa Diane Smith.








Two different ways to enter:

(1) Email your name and address to [bnask-thenutritionist@gmail.com](mailto:bnask-thenutritionist@gmail.com) and write "Going Against GMOs entry" in the subject line.

(2) Sign up to get Melissa's "Against the Grain Nutrition" e-newsletter at [www.melissadiane-smith.com/gmofree](http://www.melissadiane-smith.com/gmofree). You can enter both ways, or either way, during the month of March. One entrant will be chosen at random in each giveaway on April 1.

## What About Fast Food?

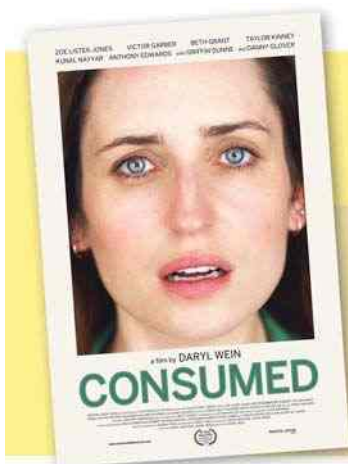
Think fast food always contains genetically modified organisms (GMOs)? Think again. The times, they are a-changing.

-  Last year, the nationwide chain **Chipotle Mexican Grill** began preparing food free of all direct sources of GMOs.
-  Another Mexican restaurant chain, California-based **Sharky's Woodfired Mexican Grill**, committed to using key non-GMO ingredients such as organic corn and Non-GMO Project Verified tofu.
-  **TownHall**, a fast-casual restaurant in the Ohio City neighborhood of Cleveland, overhauled its menu to remove genetically modified ingredients. It plans to become Non-GMO Project Verified.
-  Last summer, **Amy's Drive Thru**, the flagship veggie fast-food outlet from the iconic frozen and canned foods brand Amy's Kitchen, opened for business in the San Francisco Bay Area. It offers burgers, shakes, and fries made with non-GMO ingredients, most of which are local and organic.
-  Also, last November, the first USDA organic certified fast-food restaurant, **The Organic Coup**, opened in Pleasanton, Calif., a suburb of San Francisco. (Organic foods cannot be made with GMOs.) The restaurant offers main menu items featuring its signature, organic chicken breast, which is fried in coconut oil and served in a sandwich, wrap, or bowl. The Organic Coup plans to open 25 more restaurants, mainly on the West Coast, this year.

## did you know?

7 in 10 consumers say they would be more likely to purchase food or a beverage described as GMO-Free in restaurants ... and 34 percent would be willing to pay more for it.

SOURCE: Technomic's Top 10 Menu Trends of 2016



## SEE THE MOVIE

Do you ever feel like the more you learn about GMOs, the more you feel consumed by what you don't know about them and by fear and hopelessness about our present food situation? That's the idea behind *Consumed*, a dramatic thriller set in the complex world of GMOs. It's not a documentary. It's the first narrative feature film about the topic told in deeply personal ways.

The story is anchored by a working-class, single mother played by Zoe Lister-Jones who goes on a journey to uncover the cause of her son's mysterious illness and allergies. Interwoven are the stories of an organic farmer (played by Danny Glover) in danger of losing his farm, the CEO of a biotechnology corporation, two scientists on the verge of a major discovery, and an ex-cop caught in the middle of it all. To learn more, visit [Consumedthemovie.com](http://Consumedthemovie.com).

**Melissa Diane Smith**, our "Ask the Nutritionist" columnist, is a non-GMO speaker and author of the consumer-oriented guide, *Going Against GMOs: The Fast-Growing Movement to Avoid Genetically Modified "Foods" to Take Back Our Food and Health*.



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# The Paleo Dog Diet

How a paleo-style diet helps dogs—plus recipes for treats your paleo pooch will love!

/// BY JEAN HOFVE, DVM

Like its counterpart for humans, the Paleo Dog Diet is a natural diet that is appropriate to the species and contains the fewest possible processed, synthetic, and chemical ingredients. The basic Paleo Dog Diet is grain- and gluten-free, and includes fresh meat and bones (including poultry, organ meat, seafood, and eggs); fresh, non-starchy vegetables and fruits; omega-3 marine oil; probiotics and digestive enzymes; and vitamins, minerals, and supplements.

## Why Feed Your Dog a Paleo Diet?

Raw food is what wild canines have eaten for millions of years. It's only in the past 60 years or so that commercial dog food became the sole diet for many dogs. As a vet, I've heard and seen hundreds of stories about pets' skin diseases, allergies, autoimmune diseases, seizures, dental problems, cancer, and other conditions—from annoying to deadly—being resolved by a switch to a raw-meat-based diet.

Many veterinarians are absolutely against raw and homemade diets of any kind because they have seen animals that have become sick from improperly made homemade diets. But the most serious problems arise from feeding only raw meat or meaty bones as a substitute for commercial dog food. Dogs do need a diet based on raw meat, but must also receive supplements that provide all necessary nutrients, including calcium and other minerals, vitamins, healthy fats, enzymes, amino acids, and other trace nutrients.

Here are just a few benefits from a paleo diet done right:



did you know...  
Switching to a natural, paleo-style diet can benefit you and your dog.

## POWER MEAT LOAF

*This recipe is best for hardworking, very active dogs in need of high-energy sustenance.*

- 1 lb. ground organic chicken thighs (*Note: if bones are included, have the butcher run them through the grinder at least three times.*)
- 1 lb. ground New Zealand grass-fed lamb
- 1 (13.2-oz.) can green tripe
- 8 oz. ground organ meat, such as heart, kidney, or liver
- 3 Tbs. plain organic yogurt or 2 organic egg yolks
- 3 Tbs. ground chia seeds
- 1 Tbs. chopped parsley, dulse flakes, or kelp powder
- 3 Tbs. chopped organic black olives
- 2 Tbs. organic flaxseed meal
- 1 cup organic whey powder (optional)
- 1 cup steamed puréed carrots or sweet potatoes (optional)
- 1 small tin organic sardines in extra virgin olive oil or an omega-3 supplement especially formulated for dogs (Follow label instructions for dosage.)
- 1 drop Kyolic Aged Garlic Extract (*Note: Do not oversupplement, as too much garlic can cause serious health consequences, and never use raw garlic.*)
- A powdered enzyme supplement specially formulated for dogs (Follow label instructions for dosage.)
- A powdered vitamin and mineral supplement specially formulated for dogs (Follow label instructions for dosage.)
- Pinch of Himalayan or Celtic sea salt

Mix all ingredients together and divide into two servings.

- \* **Better oral health.** The textures in the Paleo Dog Diet will reduce plaque deposits. Raw meaty bones, ground into food or sized appropriately for your dog, work like a toothbrush, scrubbing, scraping, and even flossing the teeth.
- \* **Better digestion.** Meat and bones take more work to chew up than kibble

does. This causes your dog to eat slowly and secrete more gastric juices so the food can be digested properly.

- \* **Poop patrol becomes less unpleasant.** Another bonus: no more flatulence!
- \* **Shinier, healthier skin and coat.** Say goodbye to doggie odor and dandruff, and hello to a healthy, glossy coat and



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† Occasional inflammation due to exercise or overuse    †† SPINScan Other Herbal Formula Subcategory, data ending 12/27/15    ^ Five hundred 500 mg capsules    ^^ Ten 500 mg capsules

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normal skin. Dandruff stops, and hot spots start healing.

\* **Resolution of allergy symptoms.**

Raw meat is far more digestible than the processed proteins in commercial foods, and its normal proteins are better tolerated by dogs' immune systems.

\* **Better performance.** Working dogs, show dogs, and other high-performance dogs feel better because they are well nourished, and their bodies aren't burdened by the additives in commercial pet food.

\* **Less inflammation.** Pasture-raised and grass-fed meat, poultry, and eggs are leaner and contain healthier fats than corn-fed, factory-farmed products. They don't contain traces of added growth hormones, antibiotics, or other drugs. There are fewer calories in grass-fed meat because it is lower in fat. It also contains two to four times more vitamin E and omega-3 fatty acids



**CARROT COOKIES**

- 1 cup coconut oil
- 2 eggs
- ½ cup organic unsulfured molasses
- 2 cups coconut flour
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- 2 tsp. aluminum-free baking powder
- Pinch Himalayan or Celtic sea salt

2 cups steamed, mashed carrots (or baked or steamed sweet potatoes)

than meat from grain-fed animals, as well as a beneficial omega-6 fat called conjugated linoleic acid (CLA), which is anti-inflammatory.

\* **Anti-aging.** The omega-3s in pasture-fed meat and eggs have anti-aging potential. Omega-3s may prevent the shortening of telomeres, the "caps" on

1. In a bowl, mix coconut oil, eggs, and molasses.
2. In a separate large bowl, combine the coconut flour, cinnamon, ginger, baking powder, and salt.
3. Gradually add mashed carrots (or sweet potatoes) and the oil-egg mixture to dry ingredients. Mix well to form a dough.
4. Drop by bite-sized spoonfuls onto a greased cookie sheet. Bake at 375°F for 12 minutes.

the ends of chromosomes. The shortening of telomeres over time is thought to be involved in degeneration and aging.

\* **Low food bills.** While there are some unavoidable startup costs when you first convert your dog to a paleo diet, analyses have found that ongoing costs are comparable to feeding your dog premium dog food.

\* **More love.** The loving connection and bond between you and your dog will likely strengthen as your dog observes the daily ritual of food preparation. This loving act on your part becomes a very real ingredient in the diet as your dog anticipates what you have prepared. You both benefit from this exchange on an emotional and spiritual level.

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### Getting Started

If you're just starting your dog on raw food, it's best to make a gradual switch, even if your dog loves the new food (and especially if your dog doesn't!). An abrupt change in diet can cause diarrhea, vomiting, and general unwellness. These foods are so different that it will take your dog's system some time to acclimate. Start with no more than 25 percent new food, then 50 percent new and 50 percent old, then 75 percent new and 25 percent old.

Detailed everyday Paleo Dog Diet guidelines and recipes are included in my book *Paleo Dog*.

**Jean Hofve, DVM**, is a holistically oriented veterinarian and co-author of *Paleo Dog: Give Your Best Friend a Long Life, Healthy Weight, and Freedom from Illness by Nurturing His Inner Wolf*.



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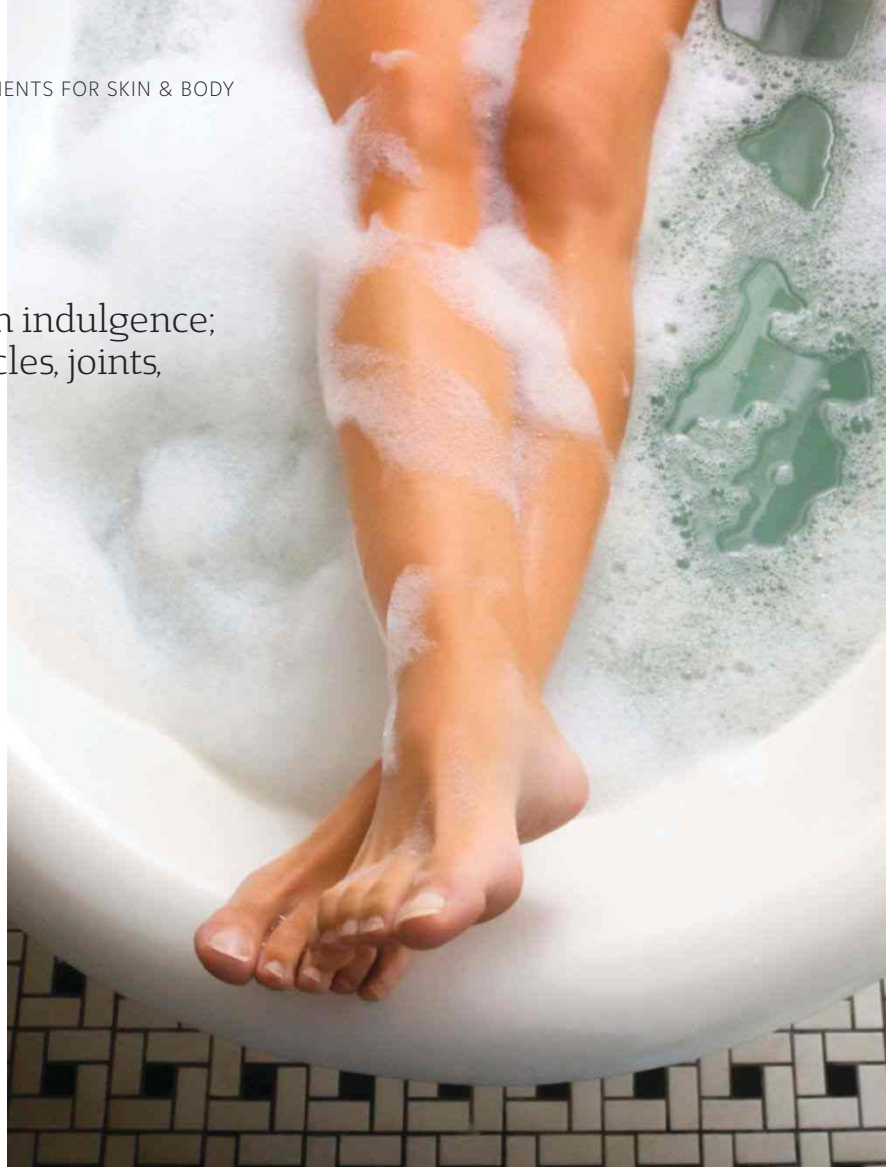
# Bath Bliss

A soothing soak isn't just an indulgence; it's good for your skin, muscles, joints, and more // BY SHERRIE STRAUSFOGEL

Soaking in a warm bath is a delightful and therapeutic way to relax your body and your mind. Toss in a few handfuls of bath salts infused with aromatic essential oils and your bath can actually change your mood, help you sleep better, and do wonders for your skin.

The health benefits of a warm bath are due partly because hot water dilates blood vessels and opens pores so you can remove impurities with a scrub or some suds. When you toss in bath salts, your body absorbs their magnesium topically, which helps the nervous system, eases stress, and can relieve water retention (see "Healing Waters," below). Be sure to add salts, soaks, and bubble bath with essential oils before you step into the tub so the running water disperses their benefits.

So go ahead and relax in the tub for 15–20 minutes. Take advantage of this quiet time to reflect on just how good your spa-at-home bath feels.



## bubbles + peace of mind

Reinvent the bubble bath with **EO Serenity Bubble Bath**. The calming scent of French lavender essential oil; the moisturizing properties of hops and fig extracts; and an organic blend of aloe, chamomile, calendula, and white tea extracts create a frothy foam that leaves skin clean and nourished.



## HEALING WATERS

Turn any bath into a restorative soak with these therapeutic add-ons:

- \* **VITAMIN C POWDER:** According to Emily A. Kane, ND, LAc, who practices naturopathic medicine in Juneau, Alaska, adding vitamin C powder to a warm bath helps ease aches and pains. Use one single-serve packet per bath.
- \* **MAGNESIUM POWDER OR FLAKES:** Magnesium is easily absorbed through the skin, and a bath is a great way to reap this mighty mineral's health benefits, including stress relief, better sleep, and reduced muscle soreness.



## ultimate stress buster

Revel in an aromatic experience with **Aura Cacia Body Soak**. Relaxing essential oils such as sweet marjoram and lavender provide relief from stress, while kaolin clay purifies skin, oat powder calms irritations, and sea salt eases muscle aches and relaxes the entire body. Choose from **Soothe, Cleanse, Recover, and Clear**.





### luxurious bath gel

Lather up with **Nature's Gate Pomegranate Sunflower Body Wash**. Pomegranate and sunflower moisturize skin, combat inflammation, stimulate collagen, and protect against sun damage and premature skin aging in this velvety cleanser with a sweet, fresh scent.



### goodbye to achy muscles

Soothe overworked muscles and restore energy with **Weleda Arnica Muscle Soak**. Organic arnica and birch extracts relieve fatigue and tired muscles, while lavender and rosemary essential oils re-energize the senses. This warming bath milk is ideal for a post-workout soak or whenever you need an energy boost.

**Sherrie Strausfogel** is the author of *Hawaii's Spa Experience: Rejuvenating Secrets of the Islands* (the first book to feature aromatherapy in its pages). Based in Honolulu, she writes about beauty, spas, health, cuisine, and travel. Her work has appeared in more than 100 magazines, newspapers, guidebooks, and websites.



### gentle detoxifier

Transform an ordinary bath into a relaxing spa with **Dr. Teal's Detoxify & Energize Pure Epsom Salt Foaming Bath**. Ginger root oil and bentonite clay draw out toxins and boost energy, while liquid Epsom salt eases aches and pains and refreshes skin.

## TUB ESSENTIALS

Kymberly Keniston-Pond, author of *Essential Oils for Health*, shares a few bathtime suggestions for a range of health issues:

- \* **CLARY SAGE**: physical and emotional support for women.
- \* **EUCALYPTUS**: decongestant, antiviral, antibacterial, and analgesic.
- \* **GERANIUM**: hormone balance.
- \* **GINGER**: nausea relief and better circulation.
- \* **LAVENDER**: antidepressant, antiseptic, antibacterial, and anti-inflammatory.
- \* **PEPPERMINT**: anti-inflammatory, analgesic, cooling (eases itching), decongestant, expectorant, and liver-supportive.
- \* **YLANG-YLANG**: relieves emotional shock, anxiety, and tension.



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# Weight-Loss Success Story

For health professional Cynthia Pasquella, dropping 30 pounds was just the beginning of a journey of self-discovery // BY JONNY BOWDEN, PHD, CNS

When you meet transformational nutritionist Cynthia Pasquella, you cannot help but notice that she's gorgeous. And, politically incorrect as it might be to mention it, that's actually a very germane part of her story.

"Do people think it comes really easy for you?" I ask her. "After all, I imagine you work with a lot of people who have been struggling with their weight for a long time. Do they look at you and think to themselves, 'She's probably never struggled with weight, or sadness, or rejection, or cravings a day in her life. How can she possibly understand me?'"

Her response is a lesson in why you should never jump to conclusions based on appearance. Because it didn't come easy for Pasquella. Far from it. "I came from a very abusive background," she says. "My parents lost a 2-year-old son before I was born. They were angry. They came from families with a long line of abuse, and they passed the tradition on. I was sexually abused. I was addicted to drugs. I had horrible acne. And I was about 30 pounds heavier."

By her early 20s, she was a physical and emotional wreck who contemplated suicide. Then something happened. She hit rock bottom. And, in a miraculous moment that people who hit rock bottom sometimes experience, she decided to climb back up. "I decided that suicide and all that wasn't something that happened to me—it happened for me," she says. "It started me on my path back to health."

## Transformational Nutrition

Pasquella's way back to health—not just physically, but mentally and spiritually—

came via nutrition. Which is precisely why she calls her work Transformational Nutrition. "I realized that nutrition was just the beginning, and that to really create a happy life in which you're at peace with your body and with yourself, you have to do so much more than just follow a diet," she says. "I know from my own personal experience how painful it can be to buy into the whole perfection thing," she explains, adding that following a diet just to fit into a bathing suit or snag a partner never makes you happy. And people rarely stick with these kinds of diets for long. "The question isn't so much knowing what to eat," she says. "The question is more what stops people from doing what they know they ought to do."

"I like to play the 'I wonder' game with clients," she continues. "I wonder why you ate that pint of ice cream. I wonder what you were feeling."

Pasquella is quick to point out that she does not accuse her clients. "There's no, 'Why didn't you listen to me?' No 'Don't you know how bad that food is?' Just unconditional acceptance, genuine curiosity, and a desire to understand how we sabotage our own goals," she says. And there is a commitment to empower the people she works with so that they can get out of their own way and experience their own magnificence.



## Finding Your Magnificence

It's a magnificence Pasquella believes every one of us has inside, if we could only stop sabotaging ourselves. "We're constantly outsourcing our nutrition," she says. "Everyone says, 'Just tell me what to eat,' and from there it's just a short step to 'Just tell me what to do,' or 'Just tell me who to be!' And we get so busy trying to be what they say we should be that we don't remember who we really are. We forget about the greatness we have inside us. And when we forget who we are," she adds, "we become very hungry."

"Hungry for what?" I ask her.

"For compassion. For connection. For love and appreciation. We want to feel like we matter," she says. "The diet books aren't the problem. We are the problem. And the solution lies in finding out what we're really hungry for."

Cynthia Pasquella trains and certifies health professionals at the Institute of Transformational Nutrition. For more information go to [cynthiapasquella.com](http://cynthiapasquella.com).

**Jonny Bowden, PhD, CNS** is a board-certified nutritionist and the best-selling author of 14 books.



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- ☐ Have brittle hair or fingernails that chip easily?
- ☐ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.

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# The Root of the Matter

These hearty comfort foods make the most of robust late-winter vegetables // BY NEIL ZEVIK

Cold temperatures and blustery weather always conjure up a need for some filling and comforting soups and stews—invariably made with potatoes, carrots, and onions. Now don't get me wrong, I love all three, use them constantly, and appreciate their nutritional contributions. But it's always a good idea to expand your horizons and explore new notions, so I'm here to recommend a few less-familiar stalwarts that bring their own special flavors and contributions to the table.

## Turnips

Turnips have been cultivated since at least the 15<sup>th</sup> century BC. Prized for their sweetness and versatility, these tender white globes with the colorful shoulders are packed with vitamin C. “Baby” varieties may present themselves in yellow, red, and orange flesh as well as white, and need not be peeled to be enjoyed. They may be eaten thinly sliced and raw, simmered in a stew, or steamed with aromatics for a simple side dish.

## Rutabagas

Also known as Swedes and neeps, and occasionally misidentified as turnips, rutabagas are actually a cross between

a turnip and a cabbage. They fall into the category of cruciferous vegetables, well known for their cancer-fighting properties. And like their relative the turnip, rutabagas are packed with vitamin C and fiber.

## Parsnips

Don't forget this sweeter but lesser-known cousin of the carrot. Greatly esteemed by the Romans, it was often accepted as part of the tribute paid to the Empire. Nowadays, it makes a welcome addition to a robust soup or succulent stew; and its antioxidants and fiber contribute mightily to upping the nutritional profile of any dish.

Smaller roots such as garlic, ginger, and scallions, bring an additional panoply of flavors and textures to soups and stews. Filling your pot with a generous assortment of these roots can fill your body with a multitude of health benefits as well as filling up your tummy with deliciousness.

## FROM THE TOP

Don't throw away those green leafy tops from your beets and turnips and such—they have as many, if not more, nutrients than the roots. Chop them up and toss them into the pot; or sauté, steam, or boil them for a delicious and nourishing side dish.



## ROASTED RUTABAGA & CARROT SOUP

Serves 6

*Roasting the vegetables first lends depth and nuance to the flavors of this simple and satisfying soup.*

- 1 small brown onion, peeled and cut into ½-inch pieces
- 1 cup diced peeled carrots
- 1 cup diced peeled rutabagas
- 1 cup diced skin-on white rose potatoes
- ⅓ cup chopped fresh fennel
- ¼ cup olive oil
- 2 large garlic cloves, minced
- 1 Tbs. fresh rosemary leaves
- 5 cups vegetable or chicken broth
- Salt & pepper to taste
- Chopped fennel fronds for garnish

1. Preheat oven to 375°F. In large bowl, toss onion, carrots, rutabagas, potatoes, and fennel with olive oil, garlic, and rosemary. Spread in single layer on foil-lined baking sheet, and roast in oven until soft and slightly charred, about 30 minutes.
2. Transfer to large pot, add broth, and bring to a boil. Reduce heat and simmer 10 minutes. Remove half of soup, and purée in blender, then return to pot. Add salt and pepper to taste. Serve garnished with fennel fronds.

**per serving:** 130 cal; 1g pro; 9g total fat (1.5g sat fat); 12gm carb; 0mg chol; 480mg sod; 2g fiber; 5g sugars





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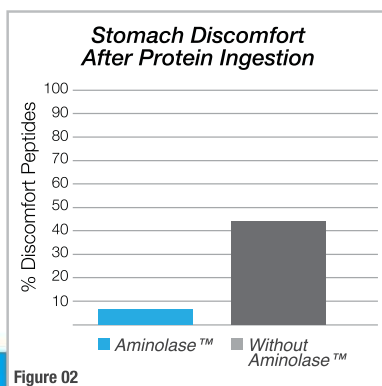
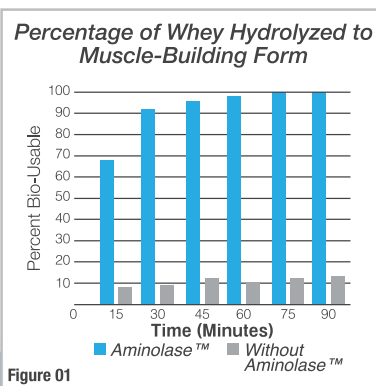


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### CROCK-POT INDIAN CHICKEN & TURNIPS

Serves 6

*Throw it together, let simmer while you go about your day, and enjoy at dinner time.*

- 2 lbs. boneless skinless chicken thighs
- 1 Tbs. garam masala spice
- 1 tsp. fresh cracked black pepper
- 3 Tbs. safflower oil
- 6 baby white turnips, peeled and quartered
- 2 medium cloves garlic, minced
- 1½ cups reduced-sodium chicken broth

1. Sprinkle chicken thighs with garam masala and black pepper. Heat oil in wide, deep skillet; add chicken to skillet, and brown, turning once, about 2 minutes per side. Add turnips, garlic, and broth, and bring to a boil.
2. Transfer mixture to slow cooker and cook on high 3–4 hours. Serve with jasmine rice and sautéed fresh spinach.

**per serving:** 260 cal; 31g pro; 13g total fat (2g sat fat); 5gm carb; 145mg chol; 310mg sod; 1g fiber; 2g sugars

**Neil Zevnik** is a private chef in Los Angeles who tends to the culinary needs of the rich and famous; blogs about food, nutrition, and the environment for *The Huffington Post*; and volunteers with marine mammal rescue whenever he can. Learn more at [neilzevnik.com](http://neilzevnik.com).





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**Melissa Diane Smith** is a trusted, internationally known journalist and holistic nutritionist who specializes in using food as medicine. She is the author of *Going Against GMOs*, *Going Against the Grain*, and *Gluten Free Throughout the Year*. To learn about her books, long-distance consultations, nutrition coaching programs, or speaking, visit her websites [melissadianesmith.com](http://melissadianesmith.com) and [againsthethrainnutrition.com](http://againsthethrainnutrition.com).

# Say Goodbye to the Low-Fat Diet!

Are you still hanging onto the notion that a low-fat diet is the ticket to weight loss? If so, it's time for a change /// BY MELISSA DIANE SMITH

**Q:** I have repeatedly avoided fat in my diet to try to control my weight. Unfortunately, I am hungrier and heavier than ever, and I have also developed dry, wrinkly skin, thyroid issues, depression, constipation, and inflamed, achy joints. I am completely rethinking the low-fat strategy, but I get queasy after a fatty meal and don't think I digest fat well. Can you give me the real scoop on the relationship between fats, weight loss, digestion, and health? —Megan S., Sacramento

**a:** You're on the right track to be rethinking the low-fat strategy! Low-fat guidelines were recommended to all Americans in 1977, and many nutrition organizations continue to advocate a low-fat diet. But that advice has led people astray into a heavier and sicker state than ever.

The research is not there to support a low-fat diet for long-term weight loss, and a low-fat diet appears to have little to no effect on cardiovascular disease in the long term. In fact, the sheer lack of research supporting a low-fat diet is so strong that a 2014 *Time* magazine cover story deemed the low-fat diet a failed experiment.

In many cases, a low-fat diet leads to eating high-sugar, high-carb foods that promote weight gain and insulin-related health problems such as type 2 diabetes, which has dramatically increased over the past three decades. In addition, a low-fat diet usually doesn't provide enough healthy fats, which are crucial to health because they govern metabolism, stress, hunger, and sex hormones, among other things.

## Make Fat Your Friend

The key to making fat your best friend for weight loss and improved health is to include the right fats in your diet and make sure you're digesting them properly,

did you know...  
Organic pastured butter is a great source of healthy saturated fat.





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## FATTEN UP YOUR LOW-FAT DIET

If you've been avoiding fats, it's important to slowly add good fats back into your diet to give your gallbladder time to adjust.

First, banish all hydrogenated and partially-hydrogenated fats, such as margarine, shortening, and soybean oil, as well as foods that contain them—chips, cookies, crackers, etc. Also eliminate cottonseed oil, canola oil, vegetable oils, butter substitutes, and cooking sprays.

Then, try these beginning tips from *Eat Fat, Lose Weight*. Gradually work up to 1–4 Tbs. of Smart Fats per meal.

- ✱ **GET COCONUTY.** Start with 2 tsp. of coconut oil in smoothies or your morning coffee. Coconut oil does not require bile to break it down.
- ✱ **BUTTER THINGS UP.** Top veggies and non-GMO popcorn with organic pastured butter.

### ✱ START USING

#### GHEE OR AVOCADO

**OIL** for your higher-heat cooking or frying.

- ✱ Use **AVOCADO AS A SPREAD** instead of mayonnaise.
- ✱ Experiment with **OMEGA-RICH HEMP SEED OIL** on salads, especially if you're not a flax oil lover. Always store it in the fridge and use it up quickly.
- ✱ Enjoy **ORGANIC FULL-FAT DAIRY PRODUCTS** such as plain Greek yogurt or cream combined with fruits as a refreshing dessert. If dairy is a no-no, try coconut yogurt or coconut cream. Top either with toasted flax, chia, or shredded unsweetened coconut for a boost of fiber and extra Smart Fats.

- ✱ **FIND SMART WAYS TO USE NUTS.** Toss pine nuts in tomato sauces; make a breading for chicken and fish out of toasted crushed pistachios, pecans, or walnuts; and use ground flax seeds for bread crumbs and as an egg substitute for recipes.



says nutritionist Ann Louise Gittleman, long-time fat advocate and author of the new e-book *Eat Fat, Lose Weight*. The right fats—what Gittleman calls “Smart Fats”—are a healthy mix of omega-3, omega-6, monounsaturated, and saturated fats, along with the lesser-known omega-7. Examples of each type of fat are:

- ✱ **Omega-3:** Wild-caught fatty fish, omega-3 fish oil capsules, cold-milled flax seeds, and high-lignan flax oil.
- ✱ **Omega-6:** Hemp seeds and hemp oil; spirulina; and supplements of ready-made gamma-linolenic acid (GLA) from black currant seed, borage, or evening primrose oils.
- ✱ **Omega-7:** Macadamia nuts and macadamia nut oil; sea buckthorn seed oil in liquid form or softgels; and anchovies or purified anchovy oil.
- ✱ **Monounsaturated:** Olives and olive oil; avocados and avocado oil; macadamia nuts and macadamia nut oil.
- ✱ **Saturated:** Organic pastured butter, ghee, coconut oil, and organic grass-fed meats.

The more Smart Fats you eat, the faster you will lose weight; repair your stress, hunger, and sex hormones; restore your cell membranes from head to toe; and insure soft, wrinkle-free skin, says Gittleman.

### The Importance of Digesting Fats

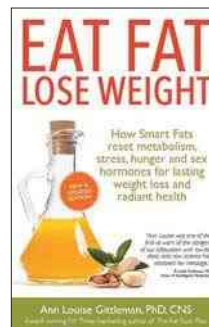
In order to gain the full benefits of healthy fats, you have to digest them properly. In fact, if you don't digest them well, adding more good fats into your diet can actually leave your body in even worse shape.

Common signs of poor fat digestion include a variety of seemingly unrelated symptoms including constipation, bloating, nausea, skin breakouts, joint aches and pains, varicose veins, infection, and poor immunity.

To improve fat digestion and safely eliminate and excrete toxins from your system, take steps to boost your body's production of bile—an emulsifier that breaks down fats into small particles so that your intestines can absorb them. Eat more beets, which thin out and move bile, as well as more artichokes, which

boost the production of bile and support overall liver function. Also drink hot water with lemon first thing in the morning, and take lecithin from non-GMO soy or sunflower seeds.

If you have had your gallbladder removed, Gittleman recommends taking an ox bile supplement (also known as bile salts) to mimic your body's natural output of bile. If your gallbladder is acting up, try following an elimination diet, especially one that eschews eggs, pork, and onions.



**Ann Louise Gittleman, PhD, CNS, author of the new e-book *Eat Fat, Lose Weight*, has been a trailblazer in recognizing the importance of fat since 1988.**





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# The Best Waffles

We are willing to bet that these brown rice waffles will win you over /// BY ALLYSON KRAMER

Those who can't tolerate gluten know that a tender yet crispy waffle can be hard to come by. Many gluten-free waffles are either too dry, too gummy, or contain sketchy ingredients—they're not exactly the breakfast of champions. But a simple combination of gluten-free starches, brown rice flour, and a teaspoon of xanthan gum yields waffles with a delicate center and a crispy, crunchy exterior that also happen to be egg- and dairy-free.

## BROWN RICE WAFFLES

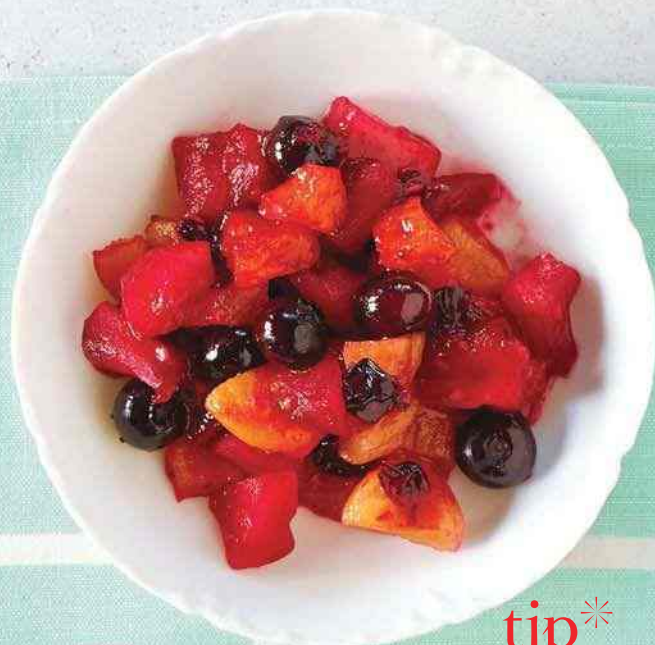
Makes 6 waffles

*Try these gluten-free classics topped with maple syrup; or dress them up with a fruit compote and a dollop of yogurt; or dredge 1 cup fresh or frozen berries in brown rice flour, and mix them into your batter just before cooking.*

- 1½ cups brown rice flour
- ¼ cup cornstarch
- ¼ cup tapioca flour
- 1 tsp. xanthan gum
- 1 Tbs. baking powder
- 1 tsp. salt
- 3 Tbs. sugar
- ¼ cup olive oil or coconut oil
- 2 cups unsweetened nondairy milk, such as soymilk

1. Whisk together brown rice flour, cornstarch, tapioca flour, xanthan gum, baking powder, salt, and sugar in large bowl. Make well in center of mixture, and pour in oil and milk. Whisk vigorously until thin batter forms (it will thicken as it rests).
2. Preheat waffle iron, and coat with cooking spray. Pour batter into center of waffle iron, and clamp down to close. Cook according to waffle iron directions. Waffles will keep up to one day in an airtight container in the refrigerator, or up to three months in the freezer.

**per waffle** 322 cal; 5g prot; 12g total fat (2g sat fat); 50g carb; 0mg chol; 695mg sod; 3g fiber; 7g sugars



**tip** ✱

For homemade toaster waffles, double the recipe and freeze the extras.



Allyson Kramer is a cookbook author who specializes in allergy-friendly recipes.



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—Dr. Jacob Teitelbaum, MD<sup>\*\*</sup>



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<sup>†</sup>Occasional muscle pain due to exercise or overuse

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# Cook with Turmeric

Turmeric shines when paired with sautéed shrimp and squash “noodles” // BY JONNY BOWDEN, PHD, CNS, AND JEANNETTE BESSINGER, CHHC

Squash is one of those vegetables (like cauliflower) that is a godsend for people trying to reduce their intake of wheat, gluten, or processed carbs in general. Just as you can make decent “faux” mashed potatoes from cauliflower, you can make a terrific “faux” pasta from yellow squash or zucchini. Chef Jeannette calls these all-vegetable noodles “zoodles.”

In my new book, *Smart Fat*, we talk about a three-pronged dietary approach to health, and one of those prongs—one of the foundational principles of the program—is the generous use of spices. Spices are the forgotten medicine cabinet of the food supply. They boast a variety of health benefits, and they make food taste great. —Dr. Jonny



## NOTES FROM THE CLEAN FOOD COACH

This recipe calls for ground turmeric, which should be available anywhere you buy spices. But if you can find the fresh root, use that instead. You will usually find fresh turmeric near the fresh ginger at natural grocers. It can be stored in bin produce, like garlic, or in refrigerated produce, like fresh herbs.

To use fresh turmeric in the recipe, peel the thin skin off the root using the flat edge of a spoon, and grate it using an ultra-fine microplane or a rasp grater. It's more tender than ginger or even garlic and is quite easy to grate finely. Substitute 1 Tbs. of this fresh turmeric “mash” for the ground turmeric in the shrimp recipe, and sauté the spices for an extra minute.



## TURMERIC-SPICED SHRIMP OVER YELLOW SQUASH

Serves 4

When buying yellow squash or zucchini, look for organic varieties to avoid GMOs (see “7 Ways to Eat Out GMO-Free,” p. 44).

- 2 medium yellow squash or zucchini, stemmed
- 1 Tbs. plus 2 tsp. olive oil
- 2 small cloves garlic, minced
- Salt and fresh ground pepper, to taste
- 1 tsp. cumin
- 1 tsp. turmeric
- 1 tsp. coriander
- ½ tsp. salt
- ¾ tsp. cracked black pepper
- ¼ tsp. cardamom
- 1 14.5-oz. can diced tomatoes, undrained
- 1½ lbs. raw medium shrimp, peeled and deveined (fresh or frozen, thawed)
- ⅓ cup chopped fresh cilantro or parsley, optional

1. Grate squash by hand or with grating attachment on food processor (this is easiest if you slice squash in half lengthwise and feed halves through the opening).
2. Heat 1 Tbs. oil in large sauté pan over medium heat, and add shredded squash. Season with salt and pepper to taste, cover, and cook 5 minutes, stirring occasionally. Remove lid, stir, and test for tenderness. Drain off any accumulated liquids, and continue cooking for another minute or so until tender, if necessary.
3. While squash is cooking, heat remaining 2 tsp. oil in a large skillet over medium heat. Add spices, and sauté 1 minute, or until very fragrant.
4. Stir in tomatoes and shrimp, and cook until shrimp are just cooked through. Stir in the cilantro or parsley, if using, and serve shrimp over squash “pasta.”

**per serving:** 250 cal; 37g pro; 7g total fat (1g sat fat); 10gm carb; 275mg chol; 670mg sod; 2g fiber; 6g sugars

## FEATURED NUTRIENT: Curcumin

Turmeric is the spice that makes Indian foods golden and gives curry its color and flavor. It's one of the most spectacularly healthy spices on the planet, largely due to its collection of active compounds known as curcuminoids. Curcumin is one of the curcuminoids.

Curcumin is great for the liver, which is ground zero for detoxification, and studies show that it has anti-tumor effects, as well. Not only is curcumin a powerful antioxidant on its own, it also boosts the actions of the body's own antioxidant enzymes. And there's evidence that curcumin can increase the body's production of brain-derived neurotrophic factor (BDNF), a growth hormone for brain cells. Other research supports both curcumin and turmeric's use as a natural anti-inflammatory, helping to ease all types of pain.

The only problem with getting curcumin from food is that it's not well absorbed. To boost absorption, consume curcumin with fat (it's a fat-soluble compound) and combine it with black pepper (shown to increase curcumin absorption) when possible. And while it's great to use turmeric in your cooking as often as possible, to get clinically meaningful amounts of beneficial curcuminoids, you really need to supplement, which you can find as straight curcumin or as part of a turmeric supplement. —Dr. Jonny



Jeannette Bessinger, CHHC, is a certified holistic health counselor and recipe developer. Jonny Bowden, PhD, CNS, is a nationally known health, nutrition, and weight-loss expert. Bessinger and Bowden have collaborated on numerous cookbooks, including *The 150 Healthiest Slow Cooker Recipes*. Visit them online at [thecleanfoodcoach.com](http://thecleanfoodcoach.com) and [jonnybowden.com](http://jonnybowden.com).



# Product Spotlights

## Youtheory Collagen Advanced Formula

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## Terry Naturally FastBlock Allergy Relief

A unique, fine-powder spray that coats the allergy receptors in the nasal passages to block airborne allergens such as pollen, dust mites, and pet dander. It's clinically proven to reduce allergy symptoms such as sneezing, itchy and runny nose, and sinus congestion. Fast-acting, non-habit-forming, and safe for adults, kids, and pregnant or nursing mothers.

## Nature's Answer Turmeric-3

Nature's Answer Turmeric-3 has a Holistically Balanced Fingerprint that supplies the critical three curcuminoids—curcumin, desmethoxycurcumin, and bidesmethoxycurcumin. Nature's Answer Turmeric-3 is free of alcohol and gluten, and boasts 5,000 mg per serving in a super-concentrated form that yields 95 percent curcumin. Just the good stuff!



## Solstice Medicine Company Pain Relief Patch

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# Healthy Bones

You know that calcium is good for bones but are you getting enough? Too much? Missing other essential bone nutrients? Take our quiz to find out /// BY VERA TWEED

**1. Our overall bone mass reaches its peak and begins to decline in our:**

- a) 20s
- b) 30s
- c) 40s

**2. Government guidelines recommend that adults take 1,000 mg of calcium supplements daily, and that women take 1,200 mg daily after age 50.**

- a) True
- b) False

**3. There is no danger in taking too much calcium.**

- a) True
- b) False

**4. Risk of bone fractures is higher:**

- a) Among women after menopause
- b) Among small, older women who are thin
- c) Among men and women who are obese and have diabetes
- d) Both (a) and (b)
- e) All of the above

**5. Olive oil helps to keep bones healthy.**

- a) True
- b) False

**6. In addition to calcium, these nutrients are required for healthy bones:**

- a) Magnesium
- b) Vitamin D
- c) Vitamin K<sub>2</sub>
- d) Magnesium and vitamin D
- e) All of the above

**7. Constipation can be a sign of too much:**

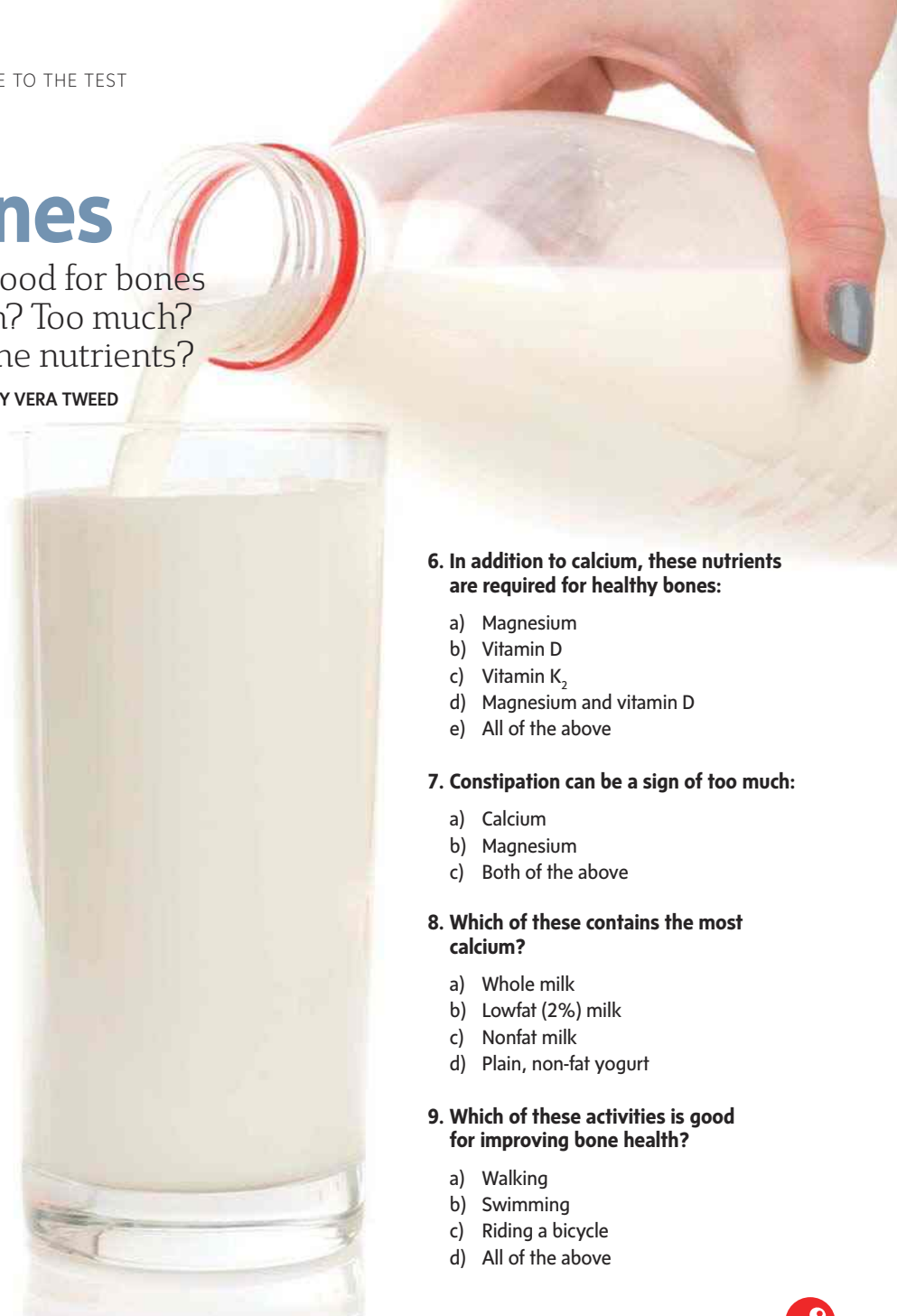
- a) Calcium
- b) Magnesium
- c) Both of the above

**8. Which of these contains the most calcium?**

- a) Whole milk
- b) Lowfat (2%) milk
- c) Nonfat milk
- d) Plain, non-fat yogurt

**9. Which of these activities is good for improving bone health?**

- a) Walking
- b) Swimming
- c) Riding a bicycle
- d) All of the above



## ANSWERS

**1. b)** In most people, bone mass begins to decline in their 30s, but individual health status, nutrition, and exercise habits always play an important role.

**2. b)** These amounts are recommended as the daily total from foods, beverages, and supplements.

**3. b)** Although research results have not been totally consistent, studies of both men and women have shown that too much calcium from supplements may increase deposits of calcium in arteries, stiffness of blood vessels, and unhealthy blood clotting, and may interfere with absorption of iron and zinc. However, adequate calcium seems to reduce risk for heart disease.

**4. e)** Menopause increases women's risk, as does being a small, thin woman. Higher body weight is generally protective of bones, and more overall body mass typically means more bone mass. However, a study at the University of Missouri found that the combination of obesity and diabetes reduces the quality of bone, increasing risk of fractures.

**5. a)** A Spanish study, published in the *International Journal of Food Sciences and Nutrition*, found that olive oil, eaten regularly, helps to preserve bone mass.

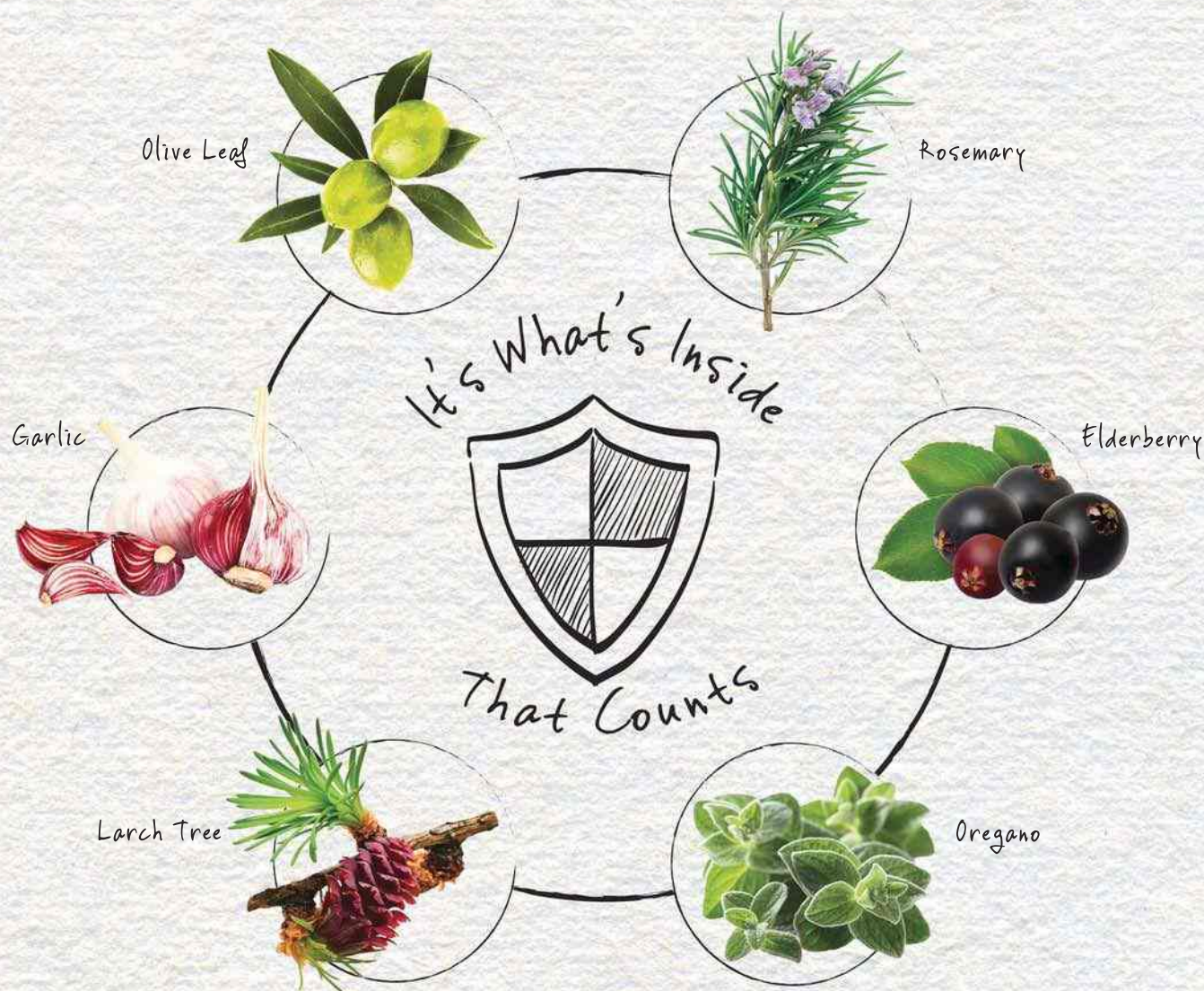
**6. e)** Like calcium, magnesium is a building block of bone. Without enough vitamin D, bones can become thin, brittle, or oddly shaped, and the vitamin enhances absorption of calcium. Vitamin K<sub>2</sub>, especially in the MK-7 (short for menaquinone-7) form, or a patented form called MenaQ7, helps to direct calcium to bone instead of to the arteries, where it can cause damage.

**7. a)** Too much calcium can cause constipation, easily relieved by reducing intake and/or getting sufficient magnesium. Taking more magnesium than your body can absorb can result in loose stools or diarrhea.

**8. d)** Per 8-ounce serving, plain, nonfat yogurt contains 415 mg; whole milk: 276 mg; Lowfat milk: 293 mg; and nonfat milk: 299 mg.

**9. a)** Weight-bearing exercise such as walking, where you are working against gravity, helps to build bone, as does weight or resistance training, jogging or running, hiking, playing tennis, dancing, or climbing stairs. When your weight is supported by water or by a bike, the exercise is still beneficial for your heart and muscles, but not as much for your bones.





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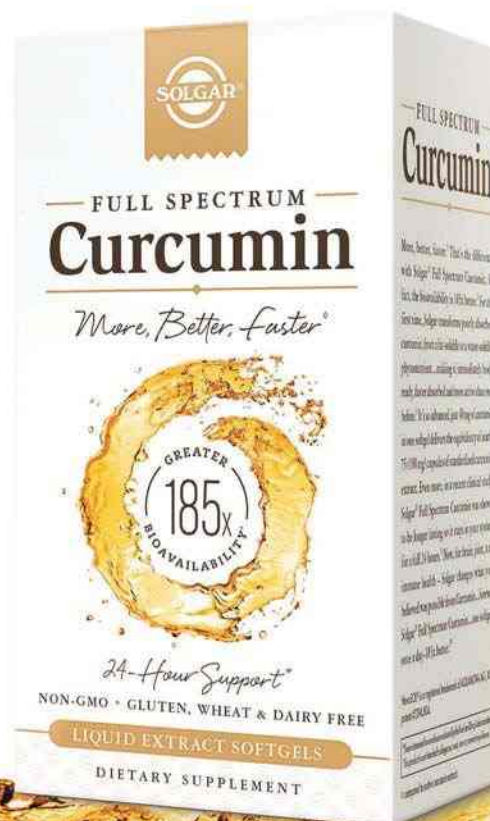
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